

July 6, 2009

HVSC NEWS

Swim and Dive Team



COACHES' CORNER

Congratulations to HVSC for the victory over DCAC! The final score for the meet was 611 HVSC and 282 DCAC, with diving scores of 139 HVSC to 46 DCAC and swimming scores of 472 HVSC to 236 DCAC. Great job to everyone and a special thanks to all of our timers, marshals and concession stand workers who helped our first home meet run so smoothly!

THIS WEEK'S MEET

We host this week's meet against the Milan Swim Club.

The Dive Meet is on Friday, July 10. Please be ready to be on the board for warm-ups at 4:00 PM. The meet starts at 5:00 PM.

The Swim Meet is on Saturday, July 11. Please arrive at 7:45 AM and check in with your coach. Warm-ups begin at 8:00 AM and the meet starts at 9:00 AM. Please eat breakfast before coming.

DIVING

The dive of the week for the 12 & Unders is a backdive, and for the 13 & Ups it's a twist.

This week's dive awards go to Ben Nicholas for "Smack of the Week" (awarded for the best smack while trying a new dive) and to Philip Kersch for "Rip of the Week" (awarded for the lineup with the least splash.) Congrats to you both!

SWIMMING

The stroke of the week is Distance Freestyle. This means a 50 (two lengths) for the 8 & Unders, a 100 (four lengths) for the 9 & 10s and a 200 (eight lengths) for the 11 & Ups. We will be working on racing strategies and techniques with an emphasis on breathing (less of it!) and streamlines.

TEAM PANCAKE BREAKFAST

The Team Pancake Breakfast is scheduled for this Friday, July 10th following swim practices. We'll provide the pancakes and sausages. To round out our breakfast, we

would like the 11 & Ups to bring a can of juice concentrate which we will mix all together for a fruit punch, and for the 10 & Unders to bring fresh fruit.

We will need many volunteers to make this event a success! We need people to help flip pancakes, serve food, and wrangle kids to keep the lines moving. Please contact us if you are able to help. Thank you and see you on Friday! Lisa Dempsey at lisdempsey5@sbcglobal.net and Sheri Belcher at belchertribble@aol.com.

TEAM PHOTOS

The Dive Team photo is scheduled for Friday, July 10, during the Milan dive meet. The Swim Team photo is scheduled for Saturday, July 11, immediately following the Milan swim meet. Please plan accordingly.

MIA FOLDERS

If you will be missing a swim and/or dive meet or championships, please be sure to put your name on the appropriate sheet in either the swim or dive MIA folders located at the front desk. Please do this as soon as possible so the coaches can plan accordingly. The coaches start working on team lineups each Wednesday preceding a meet. It is assumed that all swimmers will attend meets unless they have signed the MIA sheet.

WISC CHAMPIONSHIP DETAILS

The WISC Swim and Dive Championships are Monday, July 20 - Thursday, July 23. Complete details regarding Championships will be included in next week's edition of the newsletter.



UPCOMING EVENTS

Friday, July 10, Team Pancake Breakfast following practices
Friday, July 10, Dive Team Photo during Milan meet
Friday, July 10, Dive Meet Milan @ HVSC
Saturday, July 11, Swim Meet Milan @ HVSC
Saturday, July 11, Swim Team Photo after Milan Meet
Friday, July 17, Dive Meet @ Racquet Club
Saturday, July 18, Swim Meet @ Racquet Club
Monday July 20 – Thursday July 23 Swim Championships
Friday, July 24, Team Banquet

COVER DESIGN CONTEST

Calling all artists! We are having a cover design contest for the end of the season *Swim, Dive and Tennis Results Packet*. Submit black and white artwork on plain white 8 1/2" x 11" paper. Be sure to include the following information: Huron Valley Swim Club (or HVSC), 2009, Swim, Dive and Tennis Team Results. Also be sure to include your name and age. All entries should be submitted to the front desk by noon on Friday, July 17. The winning entry will be used as the cover of the *Swim, Dive and Tennis Results Packet*. Additional entries may be selected for use within the packet.

PUZZLE OF THE WEEK

The winner of last week's puzzle was Ben Nicholas who guessed closest to the correct total amount of money raised by HVSC at the Red Cross Swim-A-Cross. The correct answer was \$6,119.82. Ben wins a Quality-16 gift card good for a movie ticket, popcorn and a drink. Thanks to all of you who participated in the Swim-A-Cross for helping HVSC raise such a substantial amount of money for a great cause!!!

This week's puzzle is to match each coach's name with his/her baby picture. Pictures and a list of names will be posted in the hallway. Enter by writing your first and last name on a slip of paper with your guess and place your entry in the box on the front desk. One guess per person. The person who has the most correct matches will be announced at next week's team meeting and wins a \$10 gift card to Target.

TEAM BANQUET

The Swim, Dive and Tennis Team Banquet is scheduled for Friday, July 24 with the Team Party immediately following. Please look for complete details in the next edition of the newsletter. Due to the larger than ever number of participants on the swim, dive and tennis teams, we are asking parents to remain at HVSC during the entire party to help supervise. It gets very dark around the pool area and the parking lot, and we want to make sure everyone has a fun and safe time. Thank you!

Check Your Name!

Please see the team roster posted on the Swim/Dive bulletin board. Check to see how your name is listed and if it's spelled correctly. If changes need to be made, please write them directly on the team roster that is posted. If your name is not listed, please add it to the list and include your birthdate. This is the list used for WISC Championships and for the trophies presented at the team banquet.

Are you a Shutterbug?

We are putting together a slide show of swim, dive and tennis photos to present during the July 24th Team Banquet. We have been taking photos during swim meets, but we still need your great shots, especially of dive and tennis meets. If you have photos you would like to submit to help us with this effort, please visit the Shutterfly site we have set up specifically for this project at hvsc2009.shutterfly.com (password: swimclub). We've posted instructions on how to upload your pictures. Please note that we only want your best of the best, so please limit uploads to no more than 10 photos. We look forward to seeing your shots! Kathe Frassrand kfrassrand@gmail.com and Bonnie Dean dbjddean@sbcglobal.net.