

June 22, 2009

# HVSC NEWS

## Swim and Dive Team



## COACHES' CORNER

**Congratulations to HVSC for the overall victory over Ann Arbor Country Club! The final score for the meet was 465 HVSC and 454 AACC, with diving scores of 125 HVSC to 74 AACC and swimming scores of 340 HVSC to 380 AACC. Great job to everyone, especially to our first time divers and swimmers!**

### THIS WEEK'S MEET

This week's dual meet is hosted by the Saline Stingrays and takes place at Saline High School located at 1300 Campus Parkway in Saline. To get there, take 94-E to the State Street exit (#177). Turn right onto State Street. Drive approximately 3.5 miles, then turn right on Campus Parkway. Please see the calendar on the HVSC website for a link to a detailed map.

### DIVING

The Dive of the week must be selected from the back group for all divers except for 8 & Unders who must do a front line up.

### SWIMMING

The stroke of the week is Breaststroke which starts with a streamline, pull, kick then come up and pull, breath, kick and glide. Be sure to finish with a two hand touch! The kick for Breaststroke requires your feet to be on the same plane and we will be practicing this by starting in the corner of the pool where we can line up properly. We will also be working on breathing this week (less of it!)

### REVISED PRACTICE SCHEDULES

#### Dive Team

8 & Unders – 9:30 - 10:00 am

9 & 10s – 10:00 - 11:00 am

11 & Ups – 11:00 am - 12:00 pm

#### Swim Team

POD – no practice on Mondays

8 & Unders – If you would like to switch your 8 & Under swimmer to the alternate practice time of 9:00 - 10:00 am, please write your swimmer's name on the sign up form on the swim/dive bulletin board. This alternate practice time can only accommodate 20 swimmers.

### 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.

### TIE-DYE PARTIES

We are tie-dyeing our team shirts early this year so we can show our team spirit all season long. Please bring a plain white t-shirt to practice this Friday, June 26. 11 & Ups will tie-dye at 11:00 am after practice and 10 & Unders will tie-dye at 12:00 noon. We'll provide the sharpies, the buckets of dye and rubber bands. Please bring a t-shirt and your creativity!

### 13 & UP TEAM SLEEPOVER

The 13 & Up Team Sleepover is scheduled for this Sunday, June 28 from 9:00 pm - 7:00 am on Monday and we need volunteers! If you can spend the night, spend part of the night, shop for refreshments for the evening or deliver bagels and juice in the morning, please contact Janice Doyle at 709-0792.



# UPCOMING EVENTS

Friday, June 26, Tie-Dye Party, 11 & Ups 11:00am, 10 & Unders at Noon  
Friday, June 26, Dive Meet @ Saline  
Saturday, June 27, Swim Meet @ Saline  
Sunday, June 28, 13 & Up Team Sleepover  
Monday, June 29, Red Cross Swim-Across  
Thursday, July 2, Dive Meet Dexter @ HVSC  
Friday, July 3, Swim Meet Dexter @ HVSC  
Friday, July 10, Team Pancake Breakfast following practices  
Friday, July 10, Dive Team Photo before Milan meet  
Friday, July 10, Dive Meet Milan @ HVSC  
Saturday, July 11, Swim Meet Milan @ HVSC  
Saturday, July 11, Swim Team Photo during 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

## Volunteers Needed!

We need volunteers to help at concessions during our two home swim meets. We also need volunteers during Championships. Sign up sheets are located on the Swim and Dive Team bulletin boards.

# PUZZLE OF THE WEEK

The winner of last week's puzzle was Marshall Alexander. Marshall guessed that the total number of items in the plastic container was 123, which was the correct answer. He won the container and its contents. This week's puzzle is to guess how many white straps and how many alternate colored straps there are on all of the chairs and lounge chairs at HVSC. 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 is closest to the correct number will be announced at next week's team meeting and wins a \$5 gift certificate to Dairy Queen.

# AMERICAN RED CROSS SWIM-A-CROSS

The annual Swim-A-Cross fundraiser benefitting the Washtenaw County Chapter of the American Red Cross takes place at HVSC on Monday, June 29 during regularly scheduled swim practices. If you haven't received your registration packet which contains complete details, please ask at the front desk.

# HVSC SWIM CAPS

HVSC Swim Caps are \$5 each and are available at the front desk or at all swim meets through Jenny Kunec or Moira Yuhas.

## HVSC Temporary Tattoos

Show your team spirit! HVSC temporary tattoos are available for purchase during Monday team meetings and at concessions during home meets. For more details, contact Marci Harris at [harrism@aaps.k12.mi.us](mailto:harrism@aaps.k12.mi.us). Tattoos are two for \$1.00.