

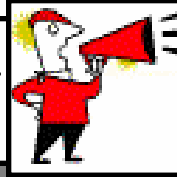


FOREST HILLS SWIM TEAM H₂O_G'S BREATH

Summer 2010 Issue 1 June 2, 2010
www.fhsc.net

FROM THE SWIM TEAM DIRECTOR

Notes from Sue DelPup



VOLUNTEER OPPORTUNITIES

Our team is admired for our organization and spirit. We are known for our outstanding parent volunteers. Let's keep up the tradition. If everyone volunteers just once, our HOGs will be guaranteed a fun and successful season.

Our Volunteer Fair and Suit Fitting is **TODAY** Wed. June 2, during practice times. If you are unable to get there and sign up for something, the sign up sheets will also be at other practices and at time trials. After that, we will fill in empty slots and let you know what your responsibility will be.

The names and numbers of the chair people are listed in the **team handbook, which is also available at fhsc.net.**

It's great to **welcome back** our returning swimmers and families, and to see so many new faces joining the HOGs this summer! Many thanks to our managers and their staff, as well as board members who have worked long hours so we could be in the pool for Tune-Up. Check out the season's calendar at www.fhsc.net.

It is my pleasure to introduce three wonderful people to you . . . Many will already know these active HOG moms; **Julie Hiotaky, Lisa Milton and Anne Wilkins** will be working with me this summer to prepare to take over the running of our fantastic swim team for the 2011 season.

This **Newsletter** will be on the website each Wednesday. Make it a habit to read it! Each newsletter will be filled with information and updates you will need. **Age Group Moms** are available to help with any questions you may have. Their info is on page two of this letter.

If you have a returning swimmer, **you should have registered by now!** **You are not automatically on the roster!** If you have a new team member, find me if you did not fill out a pink or blue info sheet after tryout!

Another important sign-up is **12 & Under Time Trials**—this **Saturday, June 5**. **Your swimmer will NOT swim if they are not signed up. Sign up at practices; if the sheet is not being passed around, it is by the HogBox in the office.**

Thank you to all the parents who stayed off the pool deck this past weekend. Your swimmer's time in the pool is short and the coaches need all of their attention during practice. *Parents must stay off the pool deck to avoid distracting swimmers.* Our coaching staff appreciates your cooperation!!

STROKE CLINIC INFORMATION!! Stroke clinic fee is \$30 per session. Forms are available at fhsc.net. Please have them back to Sue or in Hogbox by the Saturday prior to each week's clinic.



Sat, June 12 Team Pictures &

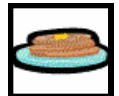
Pancake Breakfast

Please make sure you leave plenty of time to get those sleepy swimmers up; we want everyone's smiling face in our team picture.

Breakfast

13 & Up will have breakfast after reg. practice.

12 & Under will have breakfast after pictures.



Be ready to practice if time permits.

Team picture will be taken at approximately 9:00 a.m. Watch for order forms on patio shelf. Be there on time with your team suit on.

Individual or sibling pictures are taken after the team picture is done, and are scheduled on a first come, first served basis—you will need to look for the person handing out the numbers!!

Coach Karl's Corner

All 12 & Under H₂O_Gs are expected to participate in Time Trials on **Sat. June 5**. Be at FHSC at 7:45a.m.. **YOU MUST SIGN UP** with Sue in order to swim! Throughout the season, if you can't attend a meet, sign the **SORRY COACH I CAN'T SWIM board** located by the patio entrance, **ASAP**. This will help your coaches prepare line-ups and relays! The best way to communicate with the coaching staff is to write a note and leave it in the Hogbox in the office. Please do not talk to the coaches during practice. And please, be on time for practice — Dry land warm-up is important!





TIME TRIALS - Saturday June 5

**Be here at 7:45 a.m.
Meet Start: 8:00AM**

All 12 and under swimmers are expected to participate if possible
Most swimmers will swim all four strokes.
Regular order of events - See handbook.
8-under swim 25 meters of each stroke (1 length)
9-12 swim 50 meters of each stroke (2 lengths)

The FHSC Time Trial is a fun H₂OGs Only meet. For many of our swimmers, this is their first competitive experience. It is very helpful to the 12 and Unders if we host a "trial run" to let them (and their parents) know what to expect at our first dual meet. An official will start each event, just like an actual meet. Our coaches use the Time Trial times to determine the first meet line-up. **We need volunteers!** Sign up to help for part of the morning - - there will be spaces on the volunteer boards at afternoon practices.

You must sign up at practice by Thurs. June 3 if your swimmer is planning on swimming at Time Trials

NOTE: 13/14 and 15/18 have regular practice at 6:30 AM

May/June 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------|----------------------------|--------|--|---|--------|--|
| May 30 | May 31 Morning Practice | June 1 | June 2 Newsletter Swim Suit Fitting Volunteer Day | June 3 Last day to sign up for 12 & Up Time Trials | June 4 | June 5 Time Trials Meet 7:45am |
| May 31 | June 1 | June 2 | June 3 Newsletter | June 4 | June 5 | June 12 Pics and Pancakes 11 & Up Mini Meet Entries Due |

TEAM SUITS

Last years' suits are fine, but if you are a new swimmer or a returning swimmer needing a new suit and can't make it to our June 2 suit fitting day, call Different Strokes at: (248) 477-0521 and tell them you would like to order a team suit for Forest Hills Swim Club. They will take your charge card number and send it directly to you. If you're not sure what size to order, you can go to a local sporting good store and try on the **Speedo** suits there in order to get the correct fit.

Note: There is a "thin strap" option for the girls this year, along with a jammer option for the boys again.

Mini-Meet Info

Dates and Locations:

8 & U Saturday, June 26 at Cranbrook
9/10 Sunday, June 27 at Pleasant Ridge

11 & Up Saturday, June 18 at Beverly Hills
11 & Up entry due in HOgBox June 18
8 AM warm-up, 9 AM start
11 & Up Entry is available on fhsc.net

Watch for the 8 & Under and 9-10 information .

HOGWEAR

Jen & Ron Tew, and Tracey Williams have been working to bring us the latest and greatest for our 2010 Hogwear. They will have samples and order forms available at the Wednesday, June 2 practice. **Last chance to order is this Saturday, June 5, at Time Trials**

All orders must be prepaid.

NEED TO TALK WITH A COACH?

Please refrain from talking with the coaches during practices. Often your questions can be answered by Sue or another veteran swim parent. Our coaches are happy to talk with you after practice, or leave a message in the white metal WaterHog mailbox (located on the counter in the office) with your name and phone number, and they will contact you ASAP.



DO H₂OGS PRACTICE IN THE RAIN?
YES!! UNLESS THERE'S THUNDER AND LIGHTNING, OUR HOGS SWIM.

Age Group Moms

8&U Ann LaFave
alafave@msn.com
9&10 Amy Doherty
amydoherty@comcast.net
11&12 Robin Deighan
robindeigs@aol.com
13 & Up Evonne Yuhn
evonneyuhn@comcast.net
Contact with any questions !

PRACTICE SCHEDULE

Weekdays thru June 18
8 & U: 5-5:30 PM
9-12: 5:30-6:30 PM
13 & UP: 6:30- 8 PM
Saturdays:
13 & UP: 6:30- 8:15 AM
11-12: 8-9:30 AM
9-10: 9:15-10:30 AM
8 & U: 10:15- 11 AM