FOREST HILLS SWIM TEAM
H_2OG'S BREATH

Summer 2010, Issue 4 June 23, 2010
www.fhsc.net

FROM THE SWIM TEAM DIRECTOR

Notes from Sue DelPup

Congratulations on the first two wins of the season, against BSC and BWRA. Many thanks go to all who worked hard to make our home meet another smoothly run event. If you have just joined our team, please sign up on the clip-boards at the back gate to help at our meets or our social events. We need all of you !

Post Meet Party: Yikes—-that was the shortest dance ever !!! We will have an ice cream social after our next home meet, Monday, June 28.

Please respect the people up in the computer area, and find one of us (Sue, Julie, Ann or Lisa) if you have an issue with a time or a finish call during a meet. One of us will take care of the problem. There should be no additional people upstairs.

Post meet practice attendance: It's important to hear what Coach Karl has to say about the meet and the individual swims, as well as to work out the muscles that are tightened up from the races, so make sure you attend practice the day after the meets !

MINI MEET NEWS: Swimmers should bring umbrellas for shade and comforters/blankets to sit on. PLEASE BE ON TIME FOR WARMUP ! If your swimmer is not there for warm up, the coaches have to start rearranging relays.

STROKE CLINICS: Breaststroke Clinic starts this Monday, June 28. Forms are @ www.fhsc.net. The clinics run Monday through Thurs. from 11:00 – 11:30 and 11:30 – 12:00. Check the office bulletin board for remaining dates. On Mondays of stroke clinic, all swimmers signed up for that week's clinic will meet at the diving boards at 11:00 and Coach Karl will divide them between the two sessions. Each session is $30.00. Make checks payable to Karl Hodgson and leave in hogbox or with me **by the Saturday prior to the clinic!**

COACH I CAN'T SWIM BOARD: We need to have you signed out of the meet by the day prior to the meet. Our entries must be completed, then merged with the opposing club, and when we have last minute changes, it is very hard on Coach Karl and our computer people. Thanks for being considerate about this !

Coach Karl's Corner

Good job at the meets against BSC and BWRA. The whole team, top to bottom, swam well. The younger swimmers have greatly improved their turns and the older swimmers are starting to get in shape. We have fantastic team spirit at the beginning of the meets, but we need to carry it through to the very end.

Remember—the morning practice after a meet is MANDATORY. Post-meet practices are some of the most important practices of the season. Races are fresh in the coaches' minds, and their comments are critical to a swimmer's improvement.

Now we need to get mentally and physically prepared for the next two meets. The meet against BHAC on Monday and WAC on Thursday require a total team effort. We will have some swimmers absent from this meet, so we need 100% effort

Practices are getting more intense now and this should only serve to make each swimmer more successful in their events. It is important to practice consistently to improve. Keep up the good work and get ready for our upcoming meets. And finally, swimmer's ear is out in full force. Make sure you completely dry your ears out after each practice.

Mini-meets

A good time was had by all at the BHAC 11 & Up Mini Meet last Saturday. Congratulations to all who swam !

8 & Under

Where: Cranbrook Swim Club
30580 Evergreen, Southfield

When: Saturday, June 26
Entries closed
Warm-up: 8:00 a.m.
Meet start: 9:00 am

9-10

Where: Pleasant Ridge Swim Club
8 Ridge Rd. , Pleasant Ridge

When: Sunday, June 27
Entries closed
Warm Up: 8:00 a.m.
Meet Start: 9:00 a.m.

BE ON TIME FOR WARM-UP SO COACH CAN ORGANIZE THE RELAYS

ALWAYS BRING SUN-SCREEN, EXTRA TOWELS AND UMBRELLAS.

PRACTICE SCHEDULE
Monday—Saturday

13 & UP…..6:30-8:15 AM
11-12……...8:00-9:30 AM
9-10……..9:15-10:30 AM
8 & U….10:15-11:00 AM

Just a Reminder !

Our coaches need the deck area clear during practice. The club is not open during practice. Please stay on the patio or to behind the baby pool. Make sure your spouse, babysitter, grandparents, etc. understand this also.
T

Purchase a WaterHog Tattoo in the Club office !

FHSC @WAC
Thursday, June 24
4:00 warm up 5:00 start

Woodside Athletic Club
13 Mile Rd. just west of Lahser
248-643-0170 BRING GOLF UMBRELLAS !

Next Week: Monday, June 29 HOME vs BHAC
Warm Up 4:00 Meet start 5:30

A-E Please bring 12pk of Pepsi or Coke (diet or reg)
F-L Please bring 12 pk of Sprite, Lemonade or Iced Tea
M-R Please bring a 6pk of Gatorade or Propel
S-Z Please bring 1 dz. individually wrapped baked goods

Drop your donations off when your swimmer arrives for warm up !

One of the most important things you can do for your team is to support our concession stand at home meets.

1. PLEASE REMEMBER YOUR DONATION
2. PLEASE REMEMBER THAT ALCOHOL IS NOT PERMITTED DURINGMEETS
3. THE MONEY WE EARN THROUGH OUR CONCESSION SALES HELPS KEEP THE DUES DOWN.
4. WE APPRECIATE YOUR HELP AND YOUR PATRONAGE.

****

It's post-meet Ice Cream Social time after our home meet on June 28 ! Please remember that swimmers eat first, thank our volunteers when you go through the line, and make sure that ALL of your trash gets into the garbage cans.
We still need volunteers to help with this; please sign up on the clipboard at the back gate.
Show your coaches you care and make it to practice on time Friday morning !

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 21	June 22 Backstroke Clinic M-Th.	June 22 Away vs BWRA	June 23 Newsletter	June 24 Away vs WAC	June 25	June 26 8 & Under Mini Meet @ CSC
June 27 9-10 Mini Meet @ PR	June 28 Breaststroke Clinic M-Th. Home vs BHAC	June 29	June 30 Newsletter	July 1 Home vs HHSC	July 2	July 3

3rd ANNUAL
SWIM-A-THON
Tuesday, July 6
8:00—10:30

Many of our WaterHogs had a great time swimming "under the lights" last year.

This year we will again be raising money for the Special Olympics. Watch for information on this event; we will try to beat the amount we raised last year !

Our National Anthem deserves respect !
Please remind your swimmers that while The Star-Spangled Banner is being sung, they should be facing the flag, and all talking/playing should stop !

Thursday, July 1 at Home vs HHSC
Warm up 4:00 Meet start 5:30
Drop off your donations when your swimmer comes for warm up:

If your last name begins with:
A-E: : Please bring 1 doz. Individually wrapped baked goods.
F-L: Please bring a 12 pack of Pepsi or Coke (diet or regular)
M-R: Please bring a 12 pack of Sprite, lemonade or iced tea.
S-Z : Please bring a 6-pack of Gatorade or Propel

Thank you for your donations !

This is how we keep our dues down !
(Post meet pizza and DJ !)