

June Newsletter

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Special points of interest:

- R&K Sub Deliver – Wed, June 18th at 8 AM.
- Team Pictures schedule for June 18th at 8 AM. More information available soon
- We need parent volunteers for our Dual Meets. Not sure what you can do -- contact any member of the board for more information.

Fundraisers

Please consider helping out the team to keep our rates low and our equipment in working order. All fundraisers are optional and are family/friend friendly.

Harrisburg Senator Vouchers

Are you planning to go to a Harrisburg Senator's game this year? Why not purchase your tickets through the Hampden Aquatic Club. Normally Box seats sell for \$12 at the box office, we are selling vouchers that are good for any 2014 Home game at \$11 each. HAC will keep a portion of each voucher sold and it's a win-win for all. Contact Janet Butterfield to purchase.

Team Merchandise Sale

Blankets, Water Bottles and old T-shirts will

continue to be available as supplies last at our Home Meets or Social Parties.

Texas Roadhouse Peanut Sale

New this year, we will be selling bags of peanuts for \$3 at our home dual meets. Each bag will have a coupon for a free appetizer at Texas Roadhouse. Come get your peanuts.

R&K Sub Delivery

For anyone who ordered sandwiches, we would like to thank you. Don't forget to pick them up on Wednesday, June 18th 8 AM at Hampden Pool. This is the same morning that we are offering Team Pictures.

Meet Registration

We would like to continue to see each of you at our swim meets. Swim meets are a great time to "swim fast" as well as have great social time with other swimmers on the team. .

Registrations are now available for our June 14th (at Big Springs), June 21st (Home vs Mechanicsburg), June 28th (at Gettysburg) and July 12th (Home vs Hanover).

Registration for the Divisional meet on July 19th will be available in late June.

It's important to let us know whether you are coming and which events you would like to swim. Check out the calendar on our website for a direct link to sign up.

GO DUCKS

Coach Drew's Corner

The season is now underway and the kids having been doing well. We have seen a great turn out at our practices and had a great 1st meet. We are excited to watch how the swimmers are coming along.

Morning Practice

Gates open by 8 AM

8 & Under Coach Brady: 8:15 to 9:30 AM

9 /10 & 11/12 Summer Swimmers

Coach Drew & Leah: 8:15 to 10 AM

13 + & 11/ 12 Winter Swimmers

Coach St. John: 8:15 to 10:15 AM

Keep in mind, morning practices are held rain or shine. If we need to cancel practices due to thunder and lightning, an email will be sent by 7 AM.

Evening Practice

8 & Under Tuesday to Thursday from 6 to 7 PM with Coach Brady

9 /10 & 11/12 Summer Swimmers

Monday to Thursday from 6 to 7:30 PM with Coach Abbey

13 + & 11/ 12 Winter Swimmers

Monday to Thursday from 4:30 to 6:15 PM with Coach St. John

End of Year Championship

In order to participate in the "end of year championship meets" (July 19-20 weekend), swimmers must complete in at least three (3) weekly dual meets. Our June 28th swim meet will count as 2 meets in one since there will be 3 teams at the meet. Please keep this in mind when you are registrar for dual meets.

If you have any questions or not sure what practice group your swimmer is in, please do not hesitate to contact the coaching staff at coaches@swim-hampden.org



CONTACT INFO

Coaches:

Coaches@swim-hampden.org

Board of Directors

board@swim-hampden.org

Website:

www.swim-hampden.org

Facebook:

Hampden Aquatic Club

Meet Results / Awards

Meet results will be available on the team's website by Sunday evening of following the Saturday meet. We have a short cut on the front page for you to view these results.

At each meet, swimmers will receive ribbons for their hard work. Ribbons are distributed into the family folders shortly following the meet and are available at Hampden Pool during morning practice, our Home meets and our social events.

Please don't forget to check out these folders.

If you are only swimming at our evening practice location, contact us at board@swim-hampden.org and we can work something out for you to get your ribbons in a timely manner.

Have any questions with your swimmers results; please do not hesitate to talk to their coach.

Social Events

As part of the Club Philosophy, the HAC board schedules several Pool Parties for our swimmers. These parties are hosted at Hampden Township Pool from 8:30 to 10 PM. The parties are open to swimmers and their family members only. It is a great time for swimmers to have fun with the coaches and parents to just relax and talk to other swim parents.

This year we have scheduled 3 parties – June 24th, July 8th and July 22nd. If the Township would close the pool for the evening due to weather, we will send out an email to let you know that the party has been cancelled.

End of Season Planning Meeting

On Tuesday, June 24th, we are looking for a few parents to help plan our End of Season bash for the swimmers and their families. For anyone willing to help out and provide ideas, please plan to meet during the pool party in the concession area.

Divisional Meeting

On July 8th, we will be having a quick parents meeting at 8:45 for the HAC Board to let everyone know how things will be run during the Divisional meet.

Club Philosophy

To provide a positive environment for swimmers of all levels to develop into the best swimmer he/she can become, while fielding a highly competitive swim team. The HAC board is governed by this philosophy, with "team" perspective and "family" as guiding factors. Of course, parental involvement is the key to our success.

2014 Swim Schedule

Practice Schedule:

- Morning Schedule at Hampden Township Pool*

Gates Open at 8 AM with all practice groups starting at 8:15. Coach Brady ends at 9:30, Coach Drew/Leah ends at 10 AM and Coach St. John ends at 10:15 AM.
- Evening Schedule at West Shore YMCA*

Coach Brady's group practices Tues to Thurs from 6 to 7 PM, Coach Drew/Leah's group practices Mon to Thurs from 6 to 7:30 PM and Coach St. John's Group practices Mon to Thurs from 4:30 to 6:15 PM

Meet Schedule:

- June 7th at Aquatic Club of West Shore – On Deck at 8:15 AM
- June 14th at Big Spring Aquatic Club – On Deck at 7:45 AM
- June 21st HOME vs Mechanicsburg Aquatic Club - On Deck at 7:15 AM
- June 28th at Gettysburg YWCA – On Deck at 7:45 AM
- July 12th HOME vs Hanover YMCA – On Deck at 7:15 AM

Championship Dates:

- July 19th - Divisional @ Hampden
- July 20th - All-Stars @ Camp Hill Aquatic Club
- July 26th - Mid-Caps @ Central York High School

Important Club/Social Dates

- June 16th - Board Meeting @ Wegman's at 7 PM
- June 18th - Team Pictures @ Hampden Pool at 8 AM
- June 18th - R & K Sub Delivery @ Hampden Pool at 8 AM
- June 24th - Pool Party – Hampden Pool from 8:30 PM to 10 PM
 - End of Season Planning meeting at 8:45 for 30 minutes
- July 8th - Pool Party – Hampden Pool from 8:30 PM to 10 PM
 - Parent's Meeting at 8:45 for 30 minutes
- July 14th - Board Meeting @ Wegman's at 7 PM
- July 22nd - End of Season picnic - Hampden Park at 6 PM

