

# May Newsletter

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## Stroke and Turn Training

*Would you like a front spot at the meet?*

A stroke and turn judge has the best seat in the house to watch the fun and HAC could use more trained Stroke and Turn volunteers. This role ensures that:

- Rules relating to the style of swimming designated for the event are being observed
- When turning or finishing, the swimmer complies with the turning and finishing rules applicable to the stroke used
- Relay swimmer does not leave the starting platform before the preceding swimmer has touched the end of the pool.

## Training

Saturday, May 31<sup>st</sup> at 10 AM to Noon by Andre' St. Omer Roy, our team referee

Training will be conducted at his house: 5251 Strathmore Dr., Mechanicsburg

## Register or Have Questions?

Contact Janet Butterfield at [board@swim-hampden.org](mailto:board@swim-hampden.org) for more information.

## REGISTER NOW

## Fundraisers

Although Hampden Township partially funds HAC, most of our income comes from membership fees and fund raising. Some of our expenses include coaching, league dues, ribbons awarded during meets, annual equipment repairs and maintenance and socials. Through fundraising, we seek to pay for gifts for swimmers and coaches at the end of the year. While Fundraising is optional, the previous success has allowed the club to continue to offer low membership fees.

For the 2014 season, the Board of Directors approved the following fundraisers to help support team and more may be added as the season continues:

### Special points of interest:

- Stroke and Turn Training—May 31st
- R&K Sub Orders due – Tues, June 10th
- Team Appeal Orders due – Tues, June 10<sup>th</sup>
- Team Pictures schedule for June 18<sup>th</sup> at 8 AM. More information available soon

## R&K Sale

Orders and Payment will be due on Tuesday, June 10<sup>th</sup> during the Club's 1<sup>st</sup> Pool Party. Delivery will be on Wednesday, June 18<sup>th</sup> at 8 AM (same day as Team Pictures). Order forms are now available.

## Team Merchandise Sale

Team T-Shirts, Polo shirts and remaining inventory will be available for sale. Look for a flyer with more information.

**FUNDRAISING GOAL**  
**\$750**

## Meet Registration

We would like 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. Our team uses a Team Management utility called “Team Unify”. Each of you should have received instructions to log in. You will need a user name and password to log into this system. If you are new to this system, you would have received a “log in e-mail” with the YMCA logo on it. If you did not receive a log in email and are new to the club, please email [mike@wsyswim.org](mailto:mike@wsyswim.org) for assistance.

Registrations are now available for our June 7<sup>th</sup> (at ACWS), June 14<sup>th</sup> (at Big Springs) and June 21<sup>st</sup> (Home vs Mechanicsburg).

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 these events.

## Go Ducks

### CONTACT INFO

#### Coaches:

[Coaches@swim-hampden.org](mailto:Coaches@swim-hampden.org)

#### Board of Directors

[board@swim-hampden.org](mailto:board@swim-hampden.org)

#### Website:

[www.swim-hampden.org](http://www.swim-hampden.org)

#### Facebook:

Hampden Aquatic Club

## Coach Corner

The season is now underway with practices at CVHS. We have seen a great turn out at these practices and are excited to how the swimmers are coming along. If you have any questions please do not hesitate to contact the coaching staff at [coaches@swim-hampden.org](mailto:coaches@swim-hampden.org)

### 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 28<sup>th</sup> swim meet will count as 2 meets in since there will be 3 teams at the meet. Please keep this in mind when you are registrar for dual meets.

### Morning Practice

AM practice begins Monday, June 9<sup>th</sup> at Hampden Township Pool. As a reminder and due to Hampden Township Recreation Department policy, a parent/guardian is not allowed in the pool complex while swim practice is underway. However, a parent/guardian is permitted to escort his/her child into the pool complex before practice begins

and at the conclusion of practice, parents are permitted to enter the pool complex to talk with the coaches about upcoming events and to escort their child to the parking lot. Anyone not directly involved with the swim team practice is not being permitted to use the pool facility during this time.

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

Depending on your ability level, evening practices are available for all Hampden Ducks Swimmers at the West Shore YMCA. Most practices are between 4:30 and 8:00 Monday through Thursday evening beginning June 9<sup>th</sup>. Ask your coaches at AM practice which level you should attend in the evening. If you are not able to attend the practice time or are not attending morning practice, email your coach at [coaches@swim-hampden.org](mailto:coaches@swim-hampden.org) for more information.

## 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 10<sup>th</sup>, June 24<sup>th</sup> and July 8<sup>th</sup>. 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.

### Parent Meetings

On June 10<sup>th</sup> and July 8<sup>th</sup>, we will be having a quick parents meeting at 8:45 for the HAC Board to let everyone know what is going on for the season.

### End of Season

Mark your calendars for Tues, July 22<sup>nd</sup> to celebrate the great summer season. Watch your emails as more information will follow closer to the event.

### 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:

- Week of May 27<sup>th</sup> – Indoor Practice at CVHS Pool from 3:30 to 5:30 PM
- Beginning June 2<sup>nd</sup> till End of Season – Evening Practice begins at WSY from 6:30 to 8 PM
- Beginning June 9<sup>th</sup> till End of Season – Morning Practice begins at Hampden Pool from 8:00 to 10:15 AM

### Meet Schedule:

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

### Championship Date:

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

## Important Club/Social Dates

- May 31<sup>st</sup> - Stroke and Turn Training at 10 AM
- June 10<sup>th</sup> - Pool Party – Hampden Pool from 8:30 PM to 10 PM
  - Parent's Meeting at 8:45 for 30 minutes
- June 10<sup>th</sup> - Fundraiser -- R & K Sub Orders due
- June 18<sup>th</sup> - Team Pictures @ Hampden Pool at 8 AM
- June 18<sup>th</sup> - R & K Sub Delivery @ Hampden Pool at 8 AM
- June 24<sup>th</sup> - Pool Party – Hampden Pool from 8:30 PM to 10 PM
- July 8<sup>th</sup> - Pool Party – Hampden Pool from 8:30 PM to 10 PM
  - Parent's Meeting at 8:45 for 30 minutes
- July 22<sup>nd</sup> - End of Season picnic - Hampden Park at 6 PM

