

# 2014 Welcome

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## From the Board of Directors

On behalf of the Hampden Aquatic Club (HAC) Board of Directors, we wish to extend a hearty "welcome" to swimmers and their families who are new to the club. To our returning swim team family, welcome back! We had an exciting year in 2013, filled with fun and competition. We hope this year will be even better and enjoyed by all, as we again compete for the CASL Division "A" Championship.

The philosophy of the HAC board is *"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.

Thank you for stepping onto the starting blocks as we begin the 2014 season. Our wish is that every swimmer improves and enjoys the competition, while swimmers, parents and coaches establish friendships that last a lifetime. We'll see you on deck.

***Go Ducks!!!***

## Practice

*Do swimmers have to attend all practices?* This has been a common question. As it would be great for a swimmer to attend all practices, it is well understood that it will not be possible for everyone. Our club is unique in that we allow swimmers to come to either morning or evening practice as well as they can interchange between the practices throughout the season. Our coaches' work together between the practices groups to ensure that each swimmer gets a work out that is best for them as they prepare for the team's next meet.

### Practice at CVHS:

With swimmers still in school or finishing up other obligations, swimmers can come and go to practice as much as their schedule allows. Our coaches will be available on deck from 3:30 to 5:30 each day. Once the swimmer is ready to swim, they should find the coaches on deck. Parents are able to view the practice from the observatory. If you have never attended a practice or swim event at CVHS before and need more information, let us know.

### Special points of interest:

- Have an suggestion or want to talk to the Board... contact us at [board@swim-hampden.org](mailto:board@swim-hampden.org)
- Need to contact the coaches, email them at [coaches@swim-hampden.org](mailto:coaches@swim-hampden.org)
- All of the latest information is available on our website: [www.swim-hampden.org](http://www.swim-hampden.org)

## Parent Volunteers

We appreciate the efforts of everyone who helps our program to excel. Volunteerism is necessary for the program's survival, both at swim meets and behind the scenes. In order for us to continue with our success, every parent must be a committed volunteer. Basic responsibilities in volunteering include, but are not limited to:

- Timing or other meet activities
- Working the scoring or timing equipment
- Setting up or tearing down after a meet
- Ribbons, seeding or other meet duties
- Board of Directors
- Fundraising

We count on your support for the success of your child's meets and other special events. Every parent is expected to volunteer as part of your commitment to the TEAM.

Are you are new to swimming and/or just not sure where you can help? Please contact any member of the board for more information. Most jobs are very easy to learn and it is a great way to meet other parents and join in on the fun!!

## 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 [president@swim-hampden.org](mailto:president@swim-hampden.org) for more information.

**Register by Thursday, May 29<sup>th</sup>  
to save your spot**

## Communications

As with any organization the size of HAC, it is very important to communicate. We have four ways of trying to achieve this:

1. You can reach us on-line at: [www.swim-hampden.org](http://www.swim-hampden.org) by utilizing the Contact Us
2. Broadcast email, so we need the address you check most frequently.
3. Our Facebook page – Hampden Aquatic Club. Like us to get last minute updates as well as updates during practice/meets.
4. On the day of the meet, contact Drew Soisson, Head Coach via phone/text message if you are not able to attend. Drew's cell phone number will be distributed once the season begins.

### 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

## Fundraising

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:

## 2014 Schedule

### Practice Schedule:

- Week of May 19<sup>th</sup> – Indoor Practice at CVHS Pool from 3:30 to 5:30 PM  
\*\*\* May 26<sup>th</sup> – No Practice \*\*\*
- 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

## 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 8:15 PM to 10 PM  
 June 10<sup>th</sup> - Fundraiser -- R and K Sub Orders due  
 June 18<sup>th</sup> - Team Pictures @ Hampden Pool at 8 AM  
 June 18<sup>th</sup> - R and K Sub Delivery @ Hampden Pool at 8 AM  
 June 24<sup>th</sup> - Pool Party – Hampden Pool from 8:15 PM to 10 PM  
 July 8<sup>th</sup> - Pool Party – Hampden Pool from 8:15 PM to 10 PM  
 July 22<sup>nd</sup> - End of Season picnic - Hampden Park at 6 PM

### R&K Sub 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.

### 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.*

### 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 @ York YMCA

