



Welcome to HAC 2016-17 Swim Season

Welcome back to returning novice swim families and a special welcome to our new novice swim families. Starting a new sport (or starting back after a summer off) can be daunting, not only for children, but for the parents too! We want to help you dive into this swim season, so please don't hesitate to ask any questions. It can take a little while to settle into the schedule and understand how the club and the novice program works, but coaches, the [HAC website](#), the Board, the [club administrator](#) and other parents can make the process easier, just reach out if you need any clarifications on anything. We are looking forward to another great season and are glad to have you a part of it!

Please enjoy the 1st novice newsletter of the season.

Happy swimming,

Melanie ~ novice coach/coordinator

★ SWIMMERS OF THE MONTH ★

~ SEPTEMBER ~ BEST STREAMLINES ~

Congratulations to

Kate Carr, Zoe Griffin, Danika Paklepa & Janielle Tiburcio



UPCOMING EVENTS – MARK YOUR CALENDARS:

(dates marked with a * are still tentative)

- Oct 10 – Thanksgiving – no practices
- Oct 22 – Officials training for parents at MacNab St YWCA; 1st sessions @ 8:30am & 2nd @ 10:30am
- Oct 23 – HAC's annual banquet @ Carmen's Banquet Hall 3:30-8:30pm (tickets purchased in advance)
- Oct 30 – Black & Gold Club meet/event #1 @ McMaster 8:15 to 10am
- Oct 31 – Halloween – no practices
- Nov 5 – Mock meet / meet walk-through @ Jimmy Thompson 10am-noon
- Nov 27 – Swim meet: Brant at HAC (Ancaster Aquatic Centre) 8am warm-up **RSVP by Nov 9**
- Dec 18* – Holiday Party – more details to come
- Dec 24* to Jan 8* – Holiday Break – no practices
- Jan 22 – Swim meet – HAC at Brant 8:30am warm-up
- Feb 20 – Family Day – no practices
- Mar 4 – Swim meet: OAK at HAC (Westmount Recreation Center) 4:30pm warm-up
- Mar 11* to 19* – March Break – no practices
- Mar 25* - Club event – more details to come
- Apr 8 – Swim meet – HAC at OAK 3:30pm start
- Apr 14,16,17 – Easter holidays – no practices
- May 22 – Victoria Day – no practices
- May 27 – HOB Finale Swim meet in Oakville – more details to come
- Jun 10* - Club event – more details to come
- Jun * - Novice season end party/last day

Learn the Lingo (swimming language/terminology to know):

- Streamline = position of least resistance to slice through the water, achieved by raising arms over head, hands locked hand over hand, biceps snug close to head/ears to make body straight, long and slim
- 25 = 1 length of a 25 meter or yard pool; 50 = 2 lengths of a 25 meter or yard pool etc
- IM = Individual Medley – it is the combination of all 4 strokes into one continuous swim, when swum individually the order is FLY, Back, Breast and Free
- Circle swimming = swimming in a “circular” shape around the black line on the bottom down the middle of the lane, everyone swims on one side of the lane going down the pool and the other coming back
- On the red top = starting the length/set/repeat when the red hand on the pace clock is on 60 (top)



**BLACK & GOLD OR GOLD & BLACK
TOGETHER IT MAKES HAC
THE 2 SIDES FACE OFF
OCTOBER 30, 2016; 8:15-10AM
AT McMASTER POOL
BE THERE!!
BE A PART OF THE TEAM!!
BE A PART OF THE FUN!!**

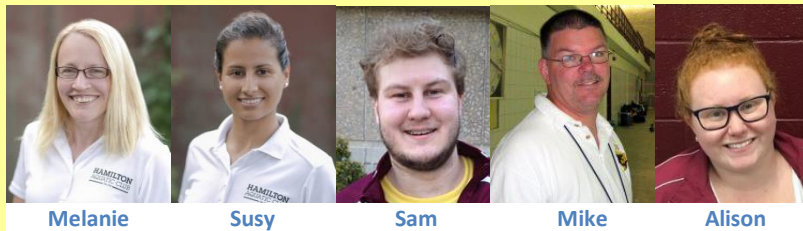


~ Get the Inside Scoop on your HAC novice coaches ~

Our coaches were asked a few questions –
Find out their answers:

Q: What is your favorite swim stroke/event?

A: Melanie – Breaststroke & Open water
Susy – 400 IM
Sam – 100 Fly, 100 Free & 200 IM
Mike – 200 Breast & 1500 Free
Alison – 50 Fly & 800 Free



Q: When did you start competitive swimming?

A: Melanie – Started at 13 years of age
Susy – Started at 6 years of age
Sam – Started at 9 years of age
Mike – Started at 6 years of age
Alison – Started at 7 years of age

Q: What accomplishment are you most proud of?

A: Melanie – swam 42km across Lake Ontario
Susy – Getting the Olympic cut in 800 Free in 2007 after a disappointing 400 Free
Sam – Being an Ontario Summer Games champion
Mike – 25 yrs of marriage and his 2 daughters
Alison – acceptance into DeGroote School of Business at McMaster

Q: Who is your hero?

A: Melanie – Terry Fox
Susy – Her parents
Sam – Michael Phelps
Mike – Incredible Hulk
Alison – Walt Disney

Q: What is something others might not know about you?

A: Melanie – Her yummiest hobby is decorating cakes
Susy – She run a couple ½ marathons without training
Sam – He is enrolled at McMaster in social science
Mike – He is running Around the Bay for his 1st time in 2017
Alison – She had eye surgery in February and sometimes has to wear sunglasses inside

Q: What are your reasons for wanting to coach swimming?

A: ALL HAC novice coaches enjoy working with children to help them improve and achieve their goals. Your novice coaches want to share their love of sport and swimming and give back to the community that they benefited from.

Equipment needs - At the novice level, the equipment needs are the basics: a swimsuit, goggles and a towel.

Swimsuits - A competitive style swimsuit is preferred. Beach suits add a lot of unnecessary drag.



Goggles - are highly recommended! There are so many different types & it can be hard to find ones that work for your child; if you can, bring your child with you to try them on. Ones with adjustable nose pieces can be helpful in finding the right fit. Good straps that can be easily tightened and stay in position are other things to look for. When you find a pair that works, it's best to buy a back-up pair to keep in your child's swim bag.

Caps – for practice most girls and boys with longer hair wear them, it protects the hair from chlorine and also keeps hair out of the face. Those who don't wear them for practice may choose to wear them for meets. Silicone vs Latex – Silicone is more expensive and more durable. It is also tighter, less stretchy and retains more heat. Either cap is fine and your preference; some use one kind for practice and another for meets.

Water bottles – it may not feel like it, but we sweat while swimming; bringing a water bottle to sip from between sets or for after practice is a good habit to begin in novice.

[Team Aquatics Supplies](#) (TAS) (8-4155 Fairview Street, Burlington) should have all your (non-HAC gear) swim equipment needs and staff can be quite helpful. Get your TAS discount card from [Elsa](#) (HAC's Equipment Manager) to get a 20% discount.

We'd like to all wear the HAC team T-shirts and caps at swim meets. It makes us look like a team to be reckoned with! Find information about HAC gear here: <http://hamiltonaquaticclub.ca/core-info/hac-equipment/>



Find schedules, meet entries and more highlights on the HAC website:

www.hamiltonaquaticclub.ca/

Any questions -> Contact Melanie at melanie.g.price@gmail.com