



**May the force be with HAC** while we work towards the finale meet and the end of the season. There is still lots of fun, hard work and excitement to be had before the season wraps up with the last practice on Friday Jun 23<sup>rd</sup>. We sure hope you can join us for the Club event on Jun 17<sup>th</sup> at Wild Water Works. It will be a splash! As well, all novice are welcome to join us on Sunday Jun 18<sup>th</sup> at Hill Park from 10-11am for some fun and games! Happy swimming, Melanie ~ novice coach/coordinator

## ★ SWIMMERS OF THE MONTH ★

~ APRIL ~ MOST IMPROVED DIVES ~

Congratulations to

Nathan P., Ryley C., Emily F. & Vanessa M.



**The Canusa Games** are North America's Largest & Longest Running International Games – For 59 years the Canusa Games has provided the youth in the two communities of Hamilton, Ontario, Canada and Flint, Michigan, USA an

international friendship games. The games are an Olympic style competition, including Open & Closing Ceremonies, that began in 1958 with 200 athletes competing in 7 sports. The Canusa spirit caught on and currently brings together over 1200 athletes to participate in a friendly rivalry in over 15 sports.

The 60<sup>th</sup> annual Canusa Games will take place on Aug 11-13<sup>th</sup> in Flint, Michigan. Participants from Hamilton will be billeted with participating families from Flint for the weekend, generating some long lasting cross-border friendships.

Many HAC members and even some HAC coaches have been part of the Canusa Swim Team. If you are interested in taking part in this experience, swim tryouts are being held on Wednesday June 14<sup>th</sup>&21<sup>st</sup> at Hill Park pool at 5:00pm. Please email Mike Vukmir at [swimmike1@hotmail.com](mailto:swimmike1@hotmail.com) if you need any information or cannot make the tryout dates.

For a very nominal fee team members get a team t-shirt, a memorable experience and also some extra swim practices. Please visit the Canusa Games website if you would like more information: <http://canusagames.com/>

## UPCOMING EVENTS – MARK YOUR CALENDARS:

*(dates marked with a \* are still tentative)*

- 🏊 May 22 – Victoria Day – no practices
- 🏊 May 27 – HOB Finale Swim meet in Oakville – 13&O and 9&10: 8am warm-up; 8&U and 11&12: 1pm warm-up
- 🏊 Jun 17 - Club event @ Wild Water Works!!
- 🏊 Jun 18 – All Novice are invited to Hill Park from 10-11am for some novice fun and games
- 🏊 Jun 23 – Last practice of the season ~ enjoy summer!

**Other dates of interest (not part of the HAC novice season):**

- 🏊 Jun 14&Jun 21 – Canusa Swim Tryouts 5pm @ Hill Park
- 🏊 Week of Jul 10 – HAC Summer camp starts
- 🏊 Aug 11-13 – [Canusa Games](#) in Flint, Michigan

**Next Steps/Strokes** ~ As this season begins winding-up, we've already started to think about next season. So far, we have had a great season, with many accomplishments achieved through hard work, team work and fun! Congratulations and thanks to everyone for being a part of it! We look forward to having you join the club next season! Registration packages for next season should be coming out shortly! Please note, with the changing constraints of space at next levels, there isn't a set qualification or requirement to be met for moving up; we consider a great many factors in making recommendations, such as speed but also work ethic, attendance, age, participation in meets and where we think your athlete can have the best success for starting next season. If you have any questions about recommendations for next season, please do not hesitate to ask! We want to find the best placement for all our swimmers!

**HAC SUMMER CAMP is filling up!** If you want to keep your feet wet this summer, continue working on swim techniques and maintain endurance, register for our summer camp – see [Registration Form](#) for dates and details.



Find schedules, meet entries and more highlights on the HAC website at: [www.hamiltonaquaticclub.ca/](http://www.hamiltonaquaticclub.ca/)  
Any questions -> Contact Melanie at [melanie.g.price@gmail.com](mailto:melanie.g.price@gmail.com)