



We are already rocking along into HAC's

2017-18 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. Hopefully you are starting to settle into the schedule and understand how the club and the novice program works. Coaches, the [HAC website](#), the Board, the [club administrator](#), Group Reps 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

Isabel V., Maddox A., Danika P. & Ada B.



**BLACK & GOLD OR GOLD & BLACK
TOGETHER IT MAKES HAC
THE 2 SIDES FACE OFF
NOVEMBER 25, 2017; 7-9AM
AT McMASTER POOL
BE THERE!!
BE A PART OF THE TEAM!!
BE A PART OF THE FUN!!**

UPCOMING EVENTS – MARK YOUR CALENDARS:

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

- Oct 9 – Thanksgiving – no practices
- Oct 22 – Timing clinic for parents at Central @ 8:30am
- Oct 28 – Mock meet @ Laurier 3-5pm
- Oct 29 – HAC's annual banquet @ Carmen's Banquet Hall 3:30-8:30pm (tickets purchased in advance)
- Oct 31 – Halloween – no practices
- Nov 19 – Novice meet: Brant at HAC (Hill Park) 12:15pm warm-up [RSVP by Nov 5](#)
- Nov 25 – Black & Gold Club event #1 @ McMaster 7-9am [RSVP by Nov 17](#)
- Dec 2 – Novice meet – HAC at Brant 4pm [RSVP by Nov 18](#)
- Dec 9 – competitive meet at McMaster 2:30pm **Scratch deadline is Nov 27**
- Dec 16* – Holiday Party – more details to come
- Dec 23* to Jan 6* – Holiday Break – no practices
- Jan 6 – skills circuit @ Laurier 3-5pm
- Jan 20or21 – competitive meet at McMaster
- Jan 28 – Novice meet HAC @ CAJ (Brantford) 8am
- Feb 18 – competitive meet at McMaster
- Feb 19 – Family Day – no practices
- Mar 3or4 – Novice meet: CAJ at HAC
- Mar 10* to 17* – March Break – no practices
- Mar 24* - Swim-a-thon/Club event
- Mar 30, Apr 1&2 – Easter holidays – no practices
- Apr 7 – Novice meet – HAC at OAK 3:00pm
- Apr 7or8 – competitive meet at McMaster
- Apr 21 – skills circuit
- May 5or6 – Novice meet: OAK at HAC
- May 12or13 – competitive meet at McMaster
- May 21 – Victoria Day – no practices
- May 27 – Novice Finale Swim meet in Brantford
- Jun 23* - Black & Gold Club event
- 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)

~ Get the Inside Scoop on your HAC novice coaching Team ~



Melanie



Mike



Shelley



Cara



Jenn



Priscy



Bridget

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

Q: What is your favorite swim stroke/event?

A: Melanie – Breaststroke & Open water

Mike – 200 Breast & 1500 Free

Shelley – 800 & 1500 Free

Cara - 400 IM

Jenn – 200 IM

Priscy – 200 Fly

Bridget - Breaststroke

Q: What accomplishment are you most proud of?

A: Melanie – When she swam 42km across Lake Ontario

Mike – 25 yrs of marriage and his 2 daughters

Shelley – always getting up for morning swim on her own

Cara – Still being able to swim fly & travelling in younger days

Jenn – Her 2 girls make her most proud now a days

Priscy – Getting her law degree & being a PanAM finalist

Bridget – When she made her 1st Regional qualifying time

Q: When did you start competitive swimming?

A: Melanie – Started at 13 years of age

Mike – Started at 6 years of age

Shelley – Started at 8 years of age

Cara - Started at 10 years of age

Jenn – Started at 11 years of age

Priscy – Started at 7 years of age

Bridget – Started at 11 years of age

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

A: Melanie – Her yummiest hobby is decorating cakes

Mike – He is running Around the Bay for his 1st time in 2018

Shelley – She can speak French fluently

Cara – She loves going out for breakfast with her family

Jenn – She learned to ski as an adult

Priscy – She likes the outdoors, traveling and reading philosophy

Bridget – She is interested in musical theater

Q: Who is your hero/mentor?

A: Melanie – Terry Fox

Mike – Incredible Hulk

Shelley – Kara Lynn Joyce

Cara - Katherine Switzer & the Rock

Jenn – has had many mentors in her life

Priscy – Her family

Bridget – Susana Escobar (HAC coach)

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

**And did you know Hamilton swimming is in your coaches' blood?
True! All the coaches swam for HAC or for McMaster University.**

Equipment needs - At the novice level, the equipment needs are the basics: a swimsuit, goggles, flippers 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 few as back-up.

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 caps are more expensive and more durable than latex. They are also tighter, less stretchy and retain more heat. Either cap is fine and your preference; some use one kind for practice and another for meets.

Swim fins/flippers will help our novice swimmers stabilize while working on drills and technique plus they are fun! These [short blade SPEEDO fins](#) are a great option.

Water bottles – it may not feel like it, but we sweat while swimming; bringing a water bottle to sip from between sets.

[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)

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