



**Happy New Year ~ Let's make it amazing...**

January is a time to look back on the past year's accomplishments. And as you reflect, we hope you are as proud of HAC novice swimmers, coaches and program. Of course there is room for improvement -> January also brings a time for resolutions and setting goals for the coming year. So whether it's challenging yourself at your 1<sup>st</sup> meet or having better attendance, what are you striving for in 2018?

Happy swimming, Melanie ~ novice coach/coordinator

**SWIMMERS OF THE MONTH**

**~ NOVEMBER ~ BEST FREESTYLE ~**

**Congratulations to**

**Liam M., Ava D., Kayleigh M. & Camille C.**



Our 1<sup>st</sup> two novice meets of the season were a success! Congratulations to the following HAC swimmers who earned one or more best times ribbons:

- |                       |                       |                      |
|-----------------------|-----------------------|----------------------|
| 🏊 Maddox Abarico      | 🏊 Adam Alkazely       | 🏊 Sophia Baschiera   |
| 🏊 Ada Backman         | 🏊 Kendra Beresh       | 🏊 Frances Berquist   |
| 🏊 Genevieve Berquist  | 🏊 Hailey Boles        | 🏊 Jingyu Byun        |
| 🏊 Abigail Cake        | 🏊 Nyeema Cameron      | 🏊 Camille Carrothers |
| 🏊 Max Chacinski       | 🏊 Nadine Chacinski    | 🏊 Jacob Colatosti    |
| 🏊 Larissa Colatosti   | 🏊 Anthony Condor      | 🏊 Ryley Curran       |
| 🏊 Jasmine DeBray-B    | 🏊 Ava Del Rosario     | 🏊 Brandon Dosman     |
| 🏊 Emily Felker        | 🏊 Jane Garrick        | 🏊 Chloe He           |
| 🏊 Ariah Hontiveros    | 🏊 Ava Howie           | 🏊 Jack Huang         |
| 🏊 Erina Jashari       | 🏊 Lochlan Kennelly    | 🏊 Zoya Khan          |
| 🏊 Kirti Khurana       | 🏊 Iyanna Laws         | 🏊 Norah Lewis        |
| 🏊 Riyena Lucas        | 🏊 Charm Maranguis     | 🏊 James Maranguis    |
| 🏊 Liam Martin         | 🏊 Kayleigh McGinn     | 🏊 Kennedy Meisner    |
| 🏊 Chloe Miller        | 🏊 Vanessa Montrichard | 🏊 Tessa Orme         |
| 🏊 Danika Paklepa      | 🏊 Kate Panteleit      | 🏊 Nathan Parsons     |
| 🏊 Kaylie Rai          | 🏊 Lana Rajsic         | 🏊 Sumedha Ray        |
| 🏊 Manessa Redman      | 🏊 Ava Reid            | 🏊 Jack Rhinds        |
| 🏊 Kylie Richardson    | 🏊 Carla Rodriguez     | 🏊 Callum Savard      |
| 🏊 Molly Savard        | 🏊 Sydney Semeniuk     | 🏊 Sabrina Shaaban    |
| 🏊 Marina Shewayhat    | 🏊 Cynthia Shi         | 🏊 Irena Simic        |
| 🏊 Ethan Smillie       | 🏊 Bridget Smith       | 🏊 Heather Sparks     |
| 🏊 Abilene Tenison     | 🏊 Sienna Thorburn     | 🏊 Jerielyn Tiburcio  |
| 🏊 Adanna Uwalaka      | 🏊 Ella Whaley         | 🏊 Kate Yang          |
| 🏊 Ethan Young         | 🏊 Vanessa Young       | 🏊 Isabella Flores    |
| 🏊 Josephine O'Donnell | 🏊 Jesse Sharp         | 🏊 Isabel Vottero     |
| 🏊 Ella Xing           |                       |                      |

**UPCOMING EVENTS – MARK YOUR CALENDARS:**

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

- 🏊 Jan 7 – Welcome back ~ Happy New Year 2018
- 🏊 Jan 7 –skills circuit @ Hill Park 11am-noon
- 🏊 Jan 20-21 – competitive meet at McMaster
- 🏊 Jan 28 –HOBC meet HAC @ CAJ (Brantford)  
8am warm-up; RSVP [here](#)
- 🏊 Feb 18 – competitive meet at McMaster
- 🏊 Feb 19 – Family Day – no practices
- 🏊 Mar 3or4 – HOBC 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 – HOBC meet – HAC at OAK 3:00pm
- 🏊 Apr 7-8 – competitive meet at McMaster
- 🏊 Apr 21\* – skills circuit
- 🏊 May 5or6 – HOBC 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

**“SMART” goals are:**

- Specific**
- Motivational**
- Assessable**
- Realistic**
- Time-based**



**A swim resolution for swim parents...**

Let's resolve to try and get the swimmers to the pool on time, so they can be ready on deck for the start of practice. Everyone benefits – you and your child get the most out of the program, the coaches can run the practices better, and learning the value of punctuality will be helpful throughout their lives.

**Thank you to all the families and friends who volunteered at the meet, a meet wouldn't be possible without your help!**

**THANK YOU!**