



**The weather outside may be frightful...**

But it really warms us up on these cold winter days to see HAC's wonderful novice families getting involved and working together to support our swimmers and our team. It's no wonder with such great support our HAC swimmers are heating up the water too. Great job all around ~ Keep it sizzling!

Happy swimming, Melanie ~ novice coach/coordinator

**SWIMMERS OF THE MONTH  
~ DECEMBER ~ BEST DIVES~**

Congratulations to  
**Tessa O., Emily F., Kaylie R. & Ava R.**



**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
- Feb 17 – competitive meet at McMaster
- Feb 19 – Family Day – no practices
- Mar 3 – 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 5 – 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



**Moving on up ~ Some of our novice have graduated on to level 1. We would like to congratulate the following swimmers on making the move to the next level:**

- |                          |                               |
|--------------------------|-------------------------------|
| <b>Ada Backman</b>       | <b>Jane Garrick</b>           |
| <b>Riyena Lucas</b>      | <b>Erina Jashari</b>          |
| <b>Kate Panteleit</b>    | <b>Chloe Miller</b>           |
| <b>Marina Shewayhat</b>  | <b>Vanessa Montrichard</b>    |
| <b>Irena Simic</b>       | <b>Sumedha Ray</b>            |
| <b>Jerielyn Tiburcio</b> | <b>Carla Sophia Rodriguez</b> |
| <b>Ella Whaley</b>       | <b>Ethan Smillie</b>          |
| <b>Emily Xing</b>        |                               |

**Keep up the hard work novice graduates; we look forward to hearing how well you are doing in level 1 and beyond!**



**We also had some novice moving from Novice 2 (twice a week novice) to Novice 3 (three times a week novice). Congratulations to these swimmers on their move up also. Committing to another day a week of swimming is a big step and we are proud of you for going for it!**

**Next steps/strokes...**

As we've celebrated some of the moves that have taken place, it is probably a good time to talk about the move up process we have. Moves are typically made once or twice during a season and then at the end of the season. Due to the constraints of pool space, there isn't a set qualification or requirement to be met for moving up to level 1 although we do have guidelines. We consider a great many factors in making recommendations, such as speed and technique (can they reasonably do all 4 strokes, streamline, dive and turn?). We consider work ethic, attendance, age, participation in meets and where your athlete can have the best success/fit. Sometimes a faster child may benefit from staying back a little longer to take a role as a leader in novice. Coaches are watching all the time and then make recommendations to move which you are welcome to decline for whatever reason. Level 1 is split into 2 groups – black which is for 10 & under and gold which is for 11 & over. They both swim 3 times a week but for a total of 4.5 hours/week. Typically swimmers move to Novice 3 first and then up to level 1. If you or your swimmer have any questions, please feel free to ask.