

HANEY NEPTUNES NEWSLETTER – MAY 29, 2007

Our first full swim meet under our belts and everyone survived. Way to go to all swimmers who participated. We have now seen some of the competition out there in our region, it's now time to focus on improving our swims, whether it be technique, turns, starts, coming to more practices, training harder, finishing to the walls, well, you get the picture.

SWIMMERS OF THE MEET: CONGRATULATIONS!

Senior Group (Justin) – Nathan Kotylak & Thomas Yeo
Intermediate Red Group (Nathan) – Jordan Kopp
Junior Blue Group (Vicki) – Alex Aguilar
Junior Yellow (Binkle) – Kirsten Kopp

TIPS AT SWIM MEETS:

Remember to always have good team spirit and sportsmanship to all swimmers, whether it is within your own club or other clubs.

If your coach is not in attendance, please talk to any coach within our club that you are most comfortable with, we all have good tips.

Stay warm and dry, eat healthy, small amounts of food and drink plenty of fluids.

Try to play games that you can sit and relax with. (e)cards, board games, coloring, video games, etc.)

SPORTSMANSHIP:

Swimmers, please remember to congratulate other swimmers and wish them luck before and after their races, including swimmers from within your own club. A **POSITIVE** attitude is welcome from everyone. We are a **TEAM**, we need to work as a **TEAM**.

FRIDAY NIGHT SWIM PRACTICE:

*Please note that Friday night swim practices will be from 2:45-5pm for **ALL** swimmers and groups. It is officially a Starts, Turns and Finishes practice from now until the end of June.

RELAYS:

To clarify the relay policy and how relays are decided; You, as a parent or swimmer, sign your child up for the relays. Up to "Heats and Finals" meets, which I believe is the Langley Meet, (PoCo is heats and finals, but not for relays), all swimmers will be given a chance to be on relays. I will be making the most relays possible within the guidelines given by the relay policy and the meet package. Relays are meant to be fun and for some these are the only ribbons they may receive. Remember we are a **TEAM**. I post the relays on the message board at the pool no later than Thursday evenings, please check the board to see if your child is on a relay and what division they will be swimming. If you have any problems at that point, please feel free to contact Mr. Neale or Coach Vicki. If you are not on a relay please check with your coach before leaving the pool at the end of the day to make sure there have been no last minute changes due to any unfortunate

circumstances. Remember, if you do sign up for a relay and don't show up, you may jeopardize your chances of being put on future relays. By not showing up, you not only affect yourself, but at least 3 other swimmers who are eager to swim and the parents who have been waiting around to swim the relay race.

TUESDAY TEAM MEETINGS:

3:50-4:05PM

Topics discussed:

Aggregate awards presented from previous swim meet.

Reminders.....

Apprentice game winner of the task.....

Attendance draws....

Keep your attendance up and don't forget to fill out your attendance tickets. The winner of the first task of the Apprentice game "Poster" is "The Streamliners" with Talana stepping up to be the team leader, congratulations! I have a list of the groups and the pre-planned game. Task #2, you have until next Tuesday to make up a team cheer, which will be used at the Haney meet. See you at the pool.....

Coach Vicki