



The Eye of the Hurricane

Vol. 17 No. 1

Hallowell Swim Team

June 9, 2007

Welcome Back

The coaching staff would like to extend a warm welcome to the new and returning members of the swim team and their families. We hope to make this year fun and exciting for everyone. Swimmers are encouraged to attend every practice with a minimum of 3 practices per week. Practice is where you will improve your strokes and endurance.

We ask that parents remain **off the deck during practice**. The coaches will be happy to answer any questions after practice or leave us a note in the coaches' folder at the front desk. Please remember that each family must fulfill its volunteer obligations. Check out our website (www.HallowellHurricanes.org) for information on the team and your volunteer duties. Please remember to subscribe to the Hallowell Hurricanes yahoo group to receive weekly updates. Simply register by sending an email to: hallowellhurricanes-subscribe@yahoo.com

Meet Buddies

This year we will again assign Meet Buddies to all interested swimmers. 11 & up swimmers will be matched with 10 & under swimmers. Buddies are expected to cheer for each other at meets, make each other posters and/or bring little treats to share at meets. We hope that everyone will participate to help build our team spirit. However we don't want any disappointed kids. Please discuss the commitment with your swimmers and if you don't want to participate, please leave a note in the coaches' folder by Thursday evening. Buddies will be introduced at the Friday Team Meeting.

Summer Schedules

The coaching staff needs to know who will be attending evening practices on a regular basis so we can have enough coaches at practices. We also need to know who will be out of town during June or July and missing practices and/or meets. (August is a great time to vacation!) Please leave a note in the coaches' folder ASAP that includes the dates you will be gone.

Morning Practices

Morning practice begins this Friday, June 13. This year we are trying out some new things with our practice and pep rally schedule. It could mean a little confusion but we think it will best serve the swimmers. The hope is that all swimmers will attend Friday practices and stay at the pool for our Team Breakfasts & Pep Rallies. We also plan to have Friday mornings be a time for swimmers to work with their Buddies during practices. Please note that the times listed below for Friday practices are a little different then those sent out at the beginning of the year.

13 & Ups	9:00-10:00am	Mon, Wed
	7:30-9:00am	Tues, Thurs
	7:30-8:30am	Friday

9-12's	7:30-9:00am	Mon, Wed
	9:00-10:00am	Tues, Thurs
	8:30-9:30am	Friday

8&unders	10:00-11:00am	Mon – Thurs
	9:30-10:30am	Friday

PreTeam 10:00-11:00am Mon – Fri
(Swimmers will be divided into two 30 min. practice groups after evaluations on 6/13)

Evening Practices

Evening practice begins Monday, June 16. These practices are primarily for swimmers that cannot attend the morning practices. We do NOT offer any evening pre-team practices. Monday practices are at Hallowell. Tuesday and Thursday practices are at Lake Hallowell.

10 & unders	5:30-6:30pm
11 & ups	6:30-7:30pm

Pancake Breakfast

This Friday, June 13th is our first Team Meeting and Pep Rally of the year. We will enjoy a delicious Pancake breakfast, introduce Meet Buddies, learn some new cheers, and get ready for our upcoming meets!

Monday is Family Fun Day

Every Monday evening once school is out, the swim team sponsors a fun family activity for all the swim team families from 7:30-9pm. All the activities are posted on the team calendar and weekly reminders will go out in the newsletters. These activities are a great way to get to know other families on the team and have fun with your own swimmers.

Miniature Golf - Monday, June 16

Challenge your parents or coaches to a game at the Mid-Atlantic Golf Center on Norbeck Road. The cost is \$5 per person.

Raft Night - Monday, June 23

Start filling up your favorite rafts and dig out your best water toys for a splashin' good time complete with ice cream sundaes to enjoy (in the grass!)

Family Relay Night - Monday, June 30

Start your parents on a training regiment now to get them ready for the competition!

Spaghetti Dinner - Monday, July 7

This delicious potluck dinner will be followed by a movie on the big screen under the stars.

Team Trip - Monday, July 14

We are getting back to our roots this year and returning to the site of our original team trip nearly 15 years ago, Hershey Park!

B Division T-Shirts

B Division t-shirts are available for any interested families. (These are not the divisional meet t-shirts.) Adult and child sizes in long sleeve and tie-dyed short sleeve are on sale for \$18. Please make out a check to Hallowell Swim Team and leave it in the Flamand family folder by June 18th if you want to place an order. The shirts will be delivered in early July.

Spirit Wear & Swim Suits

Anyone that ordered spirit wear and swim suits can pick them up this week at the pool during practices. We gave out Hallowell Hurricane bag-tags to each family at time trials for all their swimmers. If you did not have a chance to pick yours up, these are also available. See Joanne Munson with the spirit wear to get your tags. Put them on your swim bags to show your team spirit!

Congratulations Graduates

Congratulations to our Assistant Coaches graduating from Sherwood High last week: Colin Conrad, D.J. Carswell, and Shannon Krehbiel!

A Meet vs. Poolesville

Our first meet of the season is this Saturday, June 14 at Hallowell. The lineup for this meet will be based on times from time trials. It will be posted by Thursday afternoon during practices. Please check off your name if you can swim and let Jessica know immediately if you cannot be there. Swimmers need to be at Hallowell at **7:45am** for warmups. Please be ON TIME!

Our first B meet of the season is against Upper County on Wednesday, June 18th at Hallowell. B Meet signups begin Friday mornings and must be completed by the end of evening practices on Monday. NO late entries will be accepted. The sign up notebook will be located by the Family Folders. You can only sign up for the strokes that you are legal in for a total of three individual strokes and an IM. Check with a coach if you are unsure what you are allowed to swim. All the procedures for meet signups and meet lineups are available in the handbook on the website.

Each week beginning at the Saturday A meet and continuing through the Wednesday B meet, we will have a meet theme. All the themes are listed on the back of the Team Directory available in your family folder. Make sure to check out the list so you can start planning your costumes. Come to the Friday pep rally to help make decorations for the pool and your work on your outfits. The theme for our first set of meets is **Aliens**.

Calling all Performers...

At the beginning of each home meet, we play the national anthem. We would love to showcase some of the musical talents of our swimmers. If you play an instrument or sing and would like to perform at one of our meets, please contact Robby Fox at RJFox@verizon.net.

Private Lessons

Private lessons are available from all the coaches when morning practices start. If your child could benefit from some one on one assistance, see the coach of your choice to set up a time.

Newsletter News

This year we are posting the newsletter on the team website. A copy will be posted at the pool on the bulletin board and you will be able to print a copy from the website. If you have any info to go in the newsletter, please leave a note with all the details in the coaches' folder by Friday morning.