

HASC Newsletter

APRIL 2008

HELLO again swimmers, parents and/or caregivers. Welcome to the second edition of our club newsletter...note I have decided to make it a club newsletter and not just a junior one. I apologise for this newsletter NOT being out on the first of the month but I have had to wait for a couple of key meetings to add information here!

It's been a busy and productive month for all swimmers at the club. Senior swimmers represented HASC in Christchurch at The National Age Group Champs (NAGS). Thanks to their hard work and a great programme carried out by their coach (John Pike) the team had an overall result of 79% Personal Best Times (known as PB's). A second team of swimmers coached by Mat Woofe competed at the Division II Champs (DIV II) in Wellington, the week of Easter. Their combined team effort resulted in 71% PB's. These are great results for our club – something our younger swimmers can look forward to being part of in the future! Visit www.swiminfo.co.nz (click 'National Meets') to check other results.

On a 'closer to home' front – WELL DONE to all those swimmers who competed in our last club night for the summer season and in the recent Club Champs. The overall quality of swimming has improved greatly from the first few club nights and it was great to see so many swimmers achieving their own PB's - this is the ultimate aim for every swimmer every time they race. Congratulations also to **all** HASC swimmers who did well at their school swimming champs and to those who went on to represent their schools at interschool swimming sports. It was great to see many HASC caps in the finals.

IMPORTANT DATES

1 st April	Skills & Drills for ALL squads STARTS – 3.45 to 5.30pm daily
10 th April	Meeting to organise HASC run Winter Meet, 5pm @ HASC pool
14 – 20 April	Mat AWAY
18 th April	Hamilton 400 - V8 Supercars starts – NO swimming on Friday afternoon – POOL CLOSED
18 th April	School holidays start – NO swimming training – POOL CLOSED
25 th April	ANZAC Day – NO MORNING TRAINING, training as per usual for afternoon session
??th May	AGM & Prizegiving – date, time & venue to be advised
11 – 13 July	Winter Meet run by HASC

SPECIAL NOTICES

Are your swimmers training through the winter months? (May to October). The pools are heated so all swimmers have the ability to keep training during the winter season. It is to their advantage to keep swimming - winter training consolidates all that swimmers will have learnt in Skills & Drills, keeps them 'ahead of the game' (for competitions) and provides greater fitness for any other winter sports. **We need to know that your swimmer is going to continue through winter, to confirm squads' lane space. Please confirm ASAP by emailing Jen at hasc@hamiltonswimmingclub.org.nz if you haven't already.**

A reminder to use the 'window' to make enquiries at the shop but please do not enter the shop itself.

Have you seen the notice boards at the back of the main stand (Juniors' on the right, Seniors' on the left). Most notices will also be posted on the main notice board located by the shop. For important information and closing dates of meets, etc don't forget to check the white board as you head down the stairs into the pool complex.

HASC has kitchen facilities available for all club members to use. There is a fridge and a microwave available to use (handy for heating snacks after winter training sessions), as well as a desk which any swimmer can use to complete homework while at the pool.

You may also have noticed improvements to the pool facilities – including new concrete as you step into pool complex from Victoria St, the re-boarded wall under the stairs near the shop, and a mat on the ramp (back access) between 25m and 16m pools. This all helps to improve the facilities for all swimmers and spectators using the HASC complex.

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