

05/21/2017

Hello Hammerheads! **(Please at least check out the bold parts below.)**

We're off to a great start! I have a few bits of info to pass along for you:

1. Our coaches ask you to please try to **arrive 5-10 minutes early for practices** to allow time to stretch before warmups (and to find a parking spot!). And **I need more Jr. Coaches this week!** There are still open slots every day for those of you who can give us more coaching time. Remember, any of you can use the "Any Coach" spots on the schedule if the "New" & "Old" coach slots are full. Please go sign up, and remember to arrive at the pool by 4:30pm!
2. **DO NOT PARK ON THE LAKE/POOL SIDE OF THE STREET WHERE THE NO PARKING SIGNS ARE! Police have ticketed people for that in the past!!** You all did a great job with that on Thursday, but we want to make sure everyone is aware, and avoids a parking ticket. And for those of you new to the team, at home meets we do not park in the parking lot. We leave that open for our visiting team members, and we park on the streets near the pool.
3. It will help our **coaches learn swimmers names faster if we write their names on their arms for practice**, just like we do the swimmer numbers at meets. So if you can, grab a sharpie marker before practice tomorrow.
4. **Please remind your swimmers that when the coaches are talking, they need to be listening.** They should not be talking, under the water, or looking around the pool. They need to give the coaches their eyes and their ears! I know they were all excited and nervous on Thursday, so if you can just remind them to bring it down a notch or two this week, we'd appreciate it (especially those 9-10 yr olds!) If you see your child being disruptive, please remind them that you are watching and expect them to behave. ;-)
5. **See below the end of this email for 6 & Under special info that I sent a couple of days ago (we've added a few more 6&unders since then).**
6. **If you missed signing up for our New Fish/Old Fish buddy program and you or your swimmers would like to participate, please let me know ASAP.** If you would like to participate as a family to mentor or be mentored by another family, let me know if you are new or old. If just your swimmers want to participate in our new buddy program, please give me their names and ages.

We really **appreciate your patience** as we get up and running this year. **We are experiencing some growing pains**, and may need to do a few things differently than in past years. The most swimmers we've had in the past has been about 120. Right now, we have 155 swimmers, and are still adding daily. (For example, I've never had to talk about where to park at practice before, just at meets. Even the lifeguards were caught off guard on Thursday, as they counted approximately 160 people there at one time between the Otters & Marlins practices. I think they may be adding an additional lifeguard during our practice times.)

The coaches may be shifting some swimmers around to different practice times, based on their ability, to keep things running smoothly. If you have been involved with other summer swim teams of this size before, please let me know. I would like to pick your brain a little. :-)

Thank you for making our new coaches, Greg & Mo, welcome! We have been used to having at least one returning coach, so I've felt a little like the blind leading the blind this week. I appreciate all the help and advice

from our Jr. Coaches on the things I don't know! I know Greg & Mo are going to do an awesome job, so just bare with us all as we get up to speed.

Thank you so much!

Stacy Boxell

HHH, Chairperson

Hello 6 & Under Parents!

We're very excited to have so many little ones interested in participating in swim team this year! I know I've talked to a few of you, but I just wanted to go over a couple of things with everyone.

After watching practice yesterday (Thursday), it is obvious that **many of our little ones are having a difficult time** meeting the requirement of being able to swim one length of the pool and tread water for 30 seconds. This isn't surprising because they are so young, and because for many it was probably the first time they've been in the pool in almost a year. We want to give them the opportunity to improve, because I'm sure some of them will be able to meet that requirement with a little practice. That's where you parents come in!

Please try to get in the pool with them every day for the next couple of weeks outside of their scheduled practice time (especially this week!) to give them lots of opportunity to get that practice. Get in the water with them and make it a fun game for them to swim as far as they can without assistance and without touching the bottom. Have them swim from one parent to the other or to an older sibling, increasing the distance each time. Have them chase a pool toy, or chase you. Maybe a couple of you can get together so they can practice with a friend. Something where they have to swim, but will have fun doing it. (When my son was 2 yrs old, he wanted to go off the diving board so bad, but we refused to let him do it until he could swim. Mainly because he was the toddler who would beeline to a pool and jump in whether anyone was there to catch him or not! So the first time he swam 2 feet from myself to my husband, his first words were, "can I go off the diving board now?!" After making him swim between us a couple more times, with a little more distance, he finally got his diving board. If you really want to freak out lifeguards and other parents, just put a 2 yr old on the diving board without you right there below it! Maybe there is something like the diving board that will really motivate your child. Maybe candy from the concession stand?)

Also, **please take advantage of the swim lessons our coaches are offering.** A few one on one sessions for 30 minutes can make a big difference. It also helps if you follow along with what they are trying to teach your child to do, so you can reiterate those things when you work with your child. You can book a lesson by following this link:

<https://goo.gl/forms/MEQiU2z3EH1QndEO2>

If for some reason, the times they've offered don't work for you, a couple of our jr coaches as well as the lifeguards at the pool also offer lessons.

We hate to tell anyone that it's not working out for their child to be on the team, but sometimes we have to. Young kids aren't always ready at this age. They don't just have to learn to swim, they also have to learn how to swim breast stroke and back stroke, and how to dive off the blocks. It's a lot to learn in a short time, especially for a child who is struggling just to stay afloat. We don't want them to get overwhelmed, feel pressured, and decide they hate swim team! If it's not going well, it's better to wait a year, get more comfortable swimming, and try again next year. It's also not fair of us to put the coaches in a position of extra worry that a kid could drown at practice. I know in the past we've sometimes let kids slide a little on this requirement, but please remember that at times in the past this group has been much smaller so it was easier for us to accommodate them. We may not have that luxury anymore, as much as we might like to.

So if swim team is really important to you and/or your child, please do your best to work with them over the next week or two. If your child does have to drop off the team (and some may decide they don't like it after a few practices which is ok too), you will get a refund (minus a \$10 processing fee) if cancellation is before June 11th.

Thank you so much for working with us and helping us in this regard!

Stacy Boxell

HHH, Chairperson

05/17/2017 - Swim Lesson Request Form

Hello Hammerheads!

Our coaches will be available for private swim lessons! They have created a Google doc for you to initiate contact regarding the lessons. Hopefully this will be easier than people having to text or email them to try figure out lesson times.

They will be available very soon to start lessons, if you have younger kids that you may be worried about being ready for the team. (Remember, this is a REQUIREMENT to swim a length of the pool without assistance. If your swimmer does not meet that requirement, you may withdraw them from the team BEFORE June 11th, 2017)

These lessons may also be for experienced swimmers who want to work on technique, or dives, etc.

Swim Lesson Request Form - <https://goo.gl/forms/MEQiU2z3EH1QndEO2>

Go Hammerheads!

April 2, Sunday - Swim Team Registration 2:00 pm – 4:00 pm

May 6- Pool Opens

**May 17 - Wednesday - Orientation 6:00 pm for new or “newer”, and meet & greet the New Coaches.
Orientation 7:00 pm (all other Members)**

May 18 - Thursday - Swim Practice Start (See Practice Schedule for times)

May 25 - Thursday - Final day for registration
June 10 – Saturday – Final day for refund
June 04 - Sunday Ice Cream Social 2:00 pm – 4:00 pm

June 06 – Tuesday - Mock Meet
June 13 – Tuesday – Brookstone (Home)
June 20 – Tuesday – Glenridge (Away)
June 27 – Tuesday – Weatherstone (Home)

July 05 – Wednesday – Park Village (Away)**
July 11 – Tuesday – Regency (Home)
July 18 – Tuesday – Highcroft (Away)
**** WEDNESDAY NIGHT DUE TO JULY 4TH HOLIDAY**

July 20 - Thursday - End of Season Party 6:00 pm – 8:00 pm
(Dinner followed by awards and swimming!)
July 22 - 23 - Championship Meet

TSA Website - <http://www.tsanc.org/>

05/12/2017

Good Morning Hammerheads!

IMPORTANT ITEMS BELOW. Please at least read ALL the BOLD parts.

Hammerhead Parents--Today is the last day to order the volunteer shirts. Please let Jenna Jessup (jenjessup@gmail.com at 916 Brittle Way) know if you would like to order one. They are \$13. (These shirts were so popular last year, once people saw them, that we did a 2nd order. I don't think that will happen this year.)

TODAY IS THE LAST DAY to turn in swim team registrations if you want your child's name to be included on the team shirt. We will still accept registrations for swimmers until May 25th, but can't guarantee inclusion on the shirt after today.

If you ordered a TEAM SWIMSUIT, some of them have started to arrive. **We will have whatever has arrived by this Wednesday at Orientation (6pm) / Meet The Coaches (7pm) for you to pick up.** Please check at that time to see if yours has arrived. We will have later arriving ones available at the ice cream social on June 4th.

If you still need a swimsuit for the season, there are a few listed for sale on the website, and if you are looking to sell outgrown team suits there are people looking for them. Whether buying new or used, please do it soon! *The longer you wait, the higher the risk that it will be back-ordered and not arrive on time!* <http://www.hh-hammerheads.net/swimsuitable.pdf#zoom=100>

Have you completed signing up for your family's 4 REQUIRED VOLUNTEER SLOTS FOR THE SEASON?

Check to see if your family has satisfied the 4 volunteer slots by going to our website, <http://hh-hammerheads.net/>, Click on the "Volunteer Info" tab, and select "Membership List". If there is not a "4" next to your name, then go to "Volunteer Info" tab again, and click on the listed swim meets to then sign yourself up for an open slot. Any questions, contact volunteer coordinators at coordinators@hh-hammerheads.net.

Thank you everyone! Looking forward to seeing you Wednesday!

Stacy Boxell

05/11/2017

Hello Hammerheads!

Heads Up! We have some new things for you this season! We are developing a New Fish/Old Fish program. Participation is totally voluntary, and we will have signups for those of you who want to participate at ORIENTATION/MEET THE COACH ONE WEEK FROM TODAY. It goes like this:

Kids 10 & under are paired with an 11 and up buddy whom they cheer for (and who cheers for them) at meets. They can make signs together, do team spirit activities, and more. Also, new swim families who would like some direction are paired with veteran swim families who would like to help them learn how swim team & meets work. It's a great way to meet people, for our swimmers to make new friends outside their age group, and to increase team spirit at our meets!

You can participate in New Fish/Old Fish as a family with the mentoring portion, or you can just have your kids participate in the buddy portion (please just make sure to ask them if they want to participate before you sign them up!).

Thanks!

Stacy Boxell & Tara Sandford
HHH, Chairs

04/05/2017

Mark your calendars! Here are some dates/events you will want to know, and some more important info at the end.

Saturday, May 6th--Pool Opens!

Wednesday, May 17th at 6pm--Orientation! New or "newer" team members and parents please attend if you want to find out (or get a reminder) all about how swim team runs, what you and your kids will be doing, meet the coaches and more! If you have kids who are nervous about swimming with the team, this is a great time to bring them and ease those fears. **Any swimmers 13 yrs and older interested in Jr. Coaching this season please let us know! You should also plan to attend orientation.** (Right now, jr coaches I'm aware of are: Hanna Fulford, Morgan Stewart, Ryan Dickinson, Connor Dickinson, Kate Dickinson, Kyndall Boxell, Sydney Melech, Avery Muir, Erin Morrissey?, Ellie Rhoades, Max Welch?, Kevin Chen?, Fisher Covington...please forgive me if you told me you want to jr coach & I forgot to list you here--tell me again.)

Wednesday, May 17th at 7pm--Meet the Coaches! All other team members (who are not new and attending the 6pm orientation) can come down to the clubhouse and meet our new coaches.

Thursday, May 18th--Practices Begin! Please start out coming to the practice time for your age group. Coaches may shift some swimmers to different practice times at their discretion based on the swimmer's ability. Our team is large, and we are only allowed to use 2-3 lanes of the pool. So swimmers in the same practice slot need to be fairly equivalent in ability so they are not running over each other. Practice squads are as follows until June 12. Beginning June 12, times will change due to adding morning practices on Mondays & Thursdays.

Dolphins (6 yrs & under): 4:45pm - 5:15pm

Otters (7/8 yrs): 5:15pm - 6pm

Marlins (9/10 yrs): 6pm - 6:45pm

Barracudas (11/12 yrs): 6:45pm - 7:30pm

Sharks (13 yrs & up): 7:30pm - 8:15pm

Sunday, June 4th from 2-4pm--ICE CREAM SOCIAL! Don't miss hanging out with your teammates, eating ice cream and picking up your swim team t-shirt & swim caps (if you need a cap)! It's a big pool party!

Tuesday, June 6th--MOCK MEET--This is when we all, kids & parents, get to practice what we will be doing at a real meet. We divide our team in two...gold team vs black team...and compete against each other. It runs just like the real thing.

Meet Schedule:

- June 13 Brookstone at Haddon Hall
- June 20 Haddon Hall at Glenridge
- June 27 Weatherstone at Haddon Hall
- July 05 Haddon Hall at Park Village
- July 11 Regency at Haddon Hall
- July 18 Haddon Hall at Highcroft

Thursday, July 20th from 6-8pm--End of Season Party! (Dinner followed by awards and swimming!)

If you still need a swimsuit for the season, there are a few listed for sale on the website, and if you are looking to sell outgrown team suits there are people looking for them. Whether buying new or used, please do it soon! *The longer you wait, the higher the risk that it will be back-ordered and not arrive on time!* <http://www.hh-hammerheads.net/swimsuittable.pdf#zoom=100>

PICTURES! I would love to update our orientation Power Point & Slide Show presentations. If you have awesome pictures from our swim meets/practices last year, send some to stacy@net-by-design.com. I'm looking for kids having fun together, cheering on teammates, correct swim stroke/form (or those funny not so correct pics!), diving off the blocks, awards ceremony pics or more.

I'm looking forward to getting started, and hanging out with all my swim team friends soon!

Stacy Boxell

Haddon Hall Hammerheads, Chairperson

3/23/2017

REGISTRATION IS COMING in 10 days! APRIL 2ND, 2-4PM AT THE CLUBHOUSE.

Meet our new head coach, Greg Lombana! http://www.fordhamsports.com/roster.aspx?rp_id=7207

We STILL NEED AN ASSISTANT COACH for the season, so if you know anyone, please have them contact me ASAP at stacy@net-by-design.com.

SAVE TIME at registration by printing and filling out your forms ahead of time at: <http://www.hh-hammerheads.net/registrationform.pdf#toolbar=1&navpanes=0&zoom=100>. Cash or check accepted for registration fees.

Aquatic Management Group will be fitting swimsuits at registration (April 2nd from 2-4pm). Does yours still fit? Do you need one? Do you need to sell an outgrown one? You can look or list through the swimsuit exchange on our website at: <http://www.hh-hammerheads.net/swimsuittable.pdf#zoom=100>.

You can also SAVE TIME by paying for your swimsuits with cash or check rather than credit card.

WE NEED YOUR HELP! Swim Team Committee needs a few new members. Please let me know ASAP if you can do either of the following:

Concessions Manager--Can you order pizza & Chick-Fil-A? Can you purchase (with team money) a cartload of drinks & candy at Costco, BJ's or Sam's Club? Can you get to our 3 home meets & mock meet early to prepare these things, then help sell them? Then you are qualified! And it fulfills your 4 volunteer requirements!

Apparel/Merchandise--Do you like to help design and pick out tshirts? Can you order swim caps, magnets & stuff? Then you are qualified! And Christy (our previous awesome apparel/merch coordinator) is willing to help you.

Looking forward to seeing you all soon!

Stacy Boxell

1/26/2017

Below are the videos that TSA uses to train stroke and turn judges. Watch these and help your child cut down on the number of DQ's this year, or just improve their strokes.

Backstroke: <https://www.youtube.com/watch?v=Hwj7zPQ4D00>

Breaststroke: <https://www.youtube.com/watch?v=Xj8YzwB7B18>

Butterfly: <https://www.youtube.com/watch?v=JYLaAq7puHU>

Freestyle: <https://www.youtube.com/watch?v=79pdZgcJWSw>

Relays: <https://www.youtube.com/watch?v=rpk6YboSLsQ>

Test Your Knowledge: https://www.youtube.com/watch?v=_xifsGPdkTY

1/26/2017

Hello Hammerhead Families!

In an effort to keep everyone informed and up to date ~ we have a Twitter account that Coach Adam will be able to post "weather announcements" during practices.

The account is @hh_hammerheads

Please do not solely rely on Twitter or FB when it comes to practice schedules. As we know, the weather can change in a matter of minutes.

Coach Adam will do his best to keep us informed about thunder or lightning delays.

But as we said before, we highly encourage that you show up ready to swim regardless of a few raindrops!

Thanks!
