

# HEEAT Newsletter – Week 2 (July 11th–July 17th)



Monday, July 11th  
2011

## First Theme Of The Season!

So we made it past our first out of 7 weeks of HEEAT! Everybody is working hard and having fun!

If anybody has any questions, feel free to contact one of the coaches at practice or through our phone numbers and e-mails available at the side. The numbers for the entire HEEAT executive board is also available on the right side of this page. Feel free to contact us anytime.

We are going to try to start each week off with a theme. There will be

prizes available for a couple contests that will be happening this upcoming week.



This week is baseball week. We welcome the swimmers to wear their favourite baseball team's clothing to dry land for 2 points per article. Any blankets or large articles other than clothing are 3 points while any other articles such as bracelets, temporary tattoos, headbands, etc. will be 1 point. We will have a prize for the overall

group with the most points and the top swimmer with the most points in every group as well on Friday. We will also be playing some soccer base-ball throughout dry land and in the water at the end of practice with our beach volleyballs.

Let's make this a great week and finish at Glencoe and Dutton swim meets on Saturday and Sunday!



### Contacting HEEAT

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## Mark Your Calendars

Saturday July 16th:  
Glencoe Swim Meet

Sunday July 17th:  
Dutton Swim Meet

Saturday July 23rd:  
Dresden Swim Meet

Sunday July 24th:  
Tilbury Swim Meet

Monday July 25th:  
Essex Swim Meet

Monday August 1st:  
Civic Holiday  
NO PRACTICE

Sunday, August 7th:  
Thamesville Swim  
Meet

Wednesday August  
10th: Beach Grove  
Swim Meet

Saturday August 13th:  
HEEAT meet at  
Guesstwood

Friday August 18th:  
Last Practice

Sunday August 21st:  
Party at Mannell's

## Group of the Week!

We will start this week with some group profiles, highlighting some hardworking swimmers within the group with 2 swimmers of the week. We'll start with our last group and make our way to the earliest groups.

Our first group is Group 6 or "The Zipper Tigers". This group consists of our newer swimmers such as Kennedy Bezaire, Carter Renaud, Mackenzie Huber, Aaron

H2O, 2 parts heart, 1 part obsession

## Distance Challenge

For everybody who participated in this year's distance challenge, thank you! It was a great success. Thank you to all our parents who helped time the swimmers.

Good work to all the swimmers. In 6 & under, we had Carter Renaud who swam 200 yards. In 8 & under we had Courtney Wood, Gabriel Berard, Noah Boudreau, Shawn O'Brien, Ty Tessier, and Tate Wright. In 10 & un-

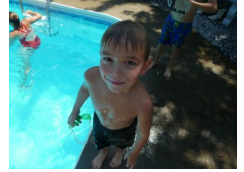


der we had Madison Grieves, Madison Shepley, Emily Renaud, Alandra Berard, Sarah O'Brien, Zachary Boudreau, Seth Boudreau, Adrian Grayer, and Ethan Grieves. In 12 & under we had Breana Farias, Sommer Franz, Cassidy Wood, Kendra Wright, and Durval Farias.

In 14 & under



learning or refreshing all the strokes. They now all know how to do their dives and are always enthusiastic and excited to swim. Our 2 swimmers of the week this week for "The Zipper Tigers" are Kennedy Bezaire and Noah Boudreau for their positive attitude and enthusiasm towards swimming. Along with their hard work which has shown in their strokes.



Ridsdale, Noah Boudreau, Nathan Slobodnick, and Madison Kehl. They are hard working little swimmers with determination to improve. They've been working hard all week,

***The most important component of a flip turn is momentum. So make sure you go hard right until your last stroke before the turn and get a good hard push off of the wall.***

we had Eric Nicholson, Michael Andrews and Samantha Card. In 15 & over we had Brandelyn Kelly.

Congratulations to everybody who participated once again. We are very proud to announce that everybody that attempted the distance challenge finished the race! Good work!

