

# HEEAT Newsletter— Week 3 (July 18th—July 24th)



Monday, July 18th

## IMPORTANT! Changes for Tilbury Swim Meet

Since we have handed out our meet form for Tilbury, we have gotten a new package from them with a couple changes. The meet will cost \$10.00 which will go to bong race prizes, lunch, and awards. If you have already handed in your form, please pay the coaches before the meet this Sunday. Also the warm-ups will start at 7:30 with races starting promptly at 8:00. Sorry for the inconvenience

Good work to our swimmers who participated in either one or both of our swim meets this weekend.

They were a great success. Special thanks to the parents who drove the long drive there and supplying the swimmers with enough energy to get through the heat. We had a few medals for overall per age group and sex. On Saturday, our medalists were Carter Renaud with gold in 6 & under, Madison Grieves with silver and Madison Shepley with gold in 9 & 10 year olds, Cassidy Wood with gold and Durval Farias with silver in 11 & 12, Carla Caseuri with gold, Taylar Clifford with bronze, Michael Andrews

with silver and Eric Nicholson with bronze in 13 & 14 and Sam Card with bronze in 15 & over. Our other swimmers who also swam very well were Noah Boudreau, Courtney Wood, Emily Renaud, Sara Harper, Ty Tessier, Seth Boudreau, Zachary Boudreau, Sommer Franz, Breana Farias, Kendra Wright, and Ethan Grieves. Good work this weekend!



## Contacting HEEAT

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Kim Renaud: 519-738-2878

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Treasurer: Andrea Kelly

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Past President: Kathy Nicholson

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Advisor: Leslie Balsillie

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## Mark Your Calendars!

Saturday July 23rd: Dresden  
Swim Meet

Monday August 1st: Civic  
Holiday—NO PRACTICE!

Saturday August 13th:  
HEEAT Swim Meet

Sunday July 24th: Tilbury  
Swim Meet

Sunday August 7th:  
Thamesville Swim Meet

Friday August 19th: Last  
Practice

Monday July 25th: Essex  
Swim Meet

Wednesday August 10th:  
Beach Grove Swim Meet

Sunday August 21th:  
Ridgetown Swim Meet



## Theme of The Week

This week's theme is Jungle theme. You'll get points for any stuffed animals or animal print

clothing and accessories brought in. The top swimmer from each group will receive a prize as well as the top group out of the team. There will be 3 riddles available to solve for a chance to win points as well. Look around the pool deck at practices for the riddles and fun facts. Let's see who our top jungle monkeys are!



Last week's theme was base-ball. It became very competitive as we went through the practices. Our swimmer with the most points was Carla Casueri with 114 points with Tate Wright coming in second with 58 points and a tie for third between Durval

Farias and Sarah O'Brien. Our top group were **"The Waterbuffalos"** with a total of 152 points. Good work swimmers! Keep it up guys!



## Group of the Week!

This week's group of the week are "The Waterbombs". It consists of some fantastic swimmers' including Emily Renaud, Alandra Berard, Gabe Berard, McKinley Stapleton, Gabby Bezaire, Courtney Wood, and Sarah O'Brien.

These swimmers' are hard working and don't mind a little bit of criticism as long as it will improve their stroke. They all work hard every practice but still find time to be

a little goofy at the end. Our swimmers' of the week this week are Sarah

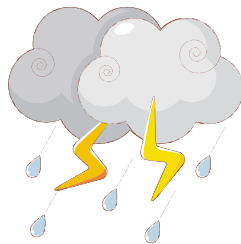


O'Brien and Gabby Bezaire for their commitment to the team. On Friday, these 2 were the only 2 who showed to practice and Sarah showed up to practice on Monday during the

***Always warm up, it stretches your muscles and prepares them for the workout. At swim meets always warm up to get your body used to the new foreign pool and helps you with flip turns and dives.***

## Weather Report

This past Monday, we had a terrible storm pass through Harrow during practice. By law we must exit the pool water for 20 minutes if we see lightning or hear thunder. As we are across from Atlas tube you may be confuse thunder for a semi truck, it is the coaches' discretion between the trucks and thunder. The coaches will



not leave the property at this time. They will stay in a sheltered area and watch any children who's parent's did not come to practice. Sorry for the inconvenience. If you have any questions during practice and are not able to ask them in person feel free to call Janelle's



cell phone (519-982-7935) as it will be on the deck as it is our emergency phone. Sorry for any inconvenience. Thank you for your cooperation.