

HEEAT Newsletter— Week 4 (July 25th—July 31st)

Wednesday July 27th

3 Swim Meet Weekend

This past weekend was a busy one. Good work to those swimmers who had the energy to participate in all 3 meets and parents

who brought them to all of them! We had

some successful meets with many swimmers who received medals, ribbons, trophies, bong prizes, and most importantly, personal bests! The swimmers had to compete in all the races



on Saturday and Sunday and 3 races on Monday. We had 3 teams

for the Mega-Relay on Sunday for the Tilbury meet. Good work to our young ones who had to swim 2 laps in

that meet. We had some new swimmers who had their first meet this weekend and hopefully enjoyed themselves. And thankfully the



Need more 50/50 tickets? Ask your coaches at practice or contact Kim Renaud. Remember, we need all 50/50 tickets sold by the HARROW FAIR!

Contacting HEEAT

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You can always e-mail our
team e-mail at:

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rain held out on us mostly for this extremely hot weekend for us.

Mark Your Calendars!

Saturday July 30th:
NO SWIM MEET OR
PRACTICE AT GESSTWOOD

Monday July 1st:
Civic Holiday—NO PRACTICE

Sunday August 7th:
Thamesville Swim Meet

Wednesday August 10th:
Beach Grove Swim Meet

Saturday August 13th:
HEEAT meet

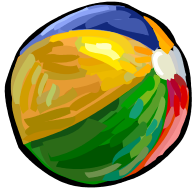
Friday August 19th:
Last Practice

Sunday August 21st:
Ridgetown Swim Meet

Wednesday August 24th: End
of the season party at Mannell's

Tropical Week

This past week's theme "Jungle Week" was a great success! The top group was Group #3 which consists of Sommer Franz, Seth Boudreau, Zach Boudreau, Brianna Farias, Madison Grieves, Madison Shepley, Madison Stapleton and Kendra Wright. They had a total of 252 points.



The top swimmer was Sommer Franz with 98 points, second place was Sarah O'Brien with 76 points and third place was Brianna Farias with 69 points. The top swimmer from each group are Luke Van-Noggeren, Durval Farias, Sommer Franz, Shawn O'Brien, Sarah O'Brien, and Carter Renaud.

This upcoming week's theme is Tropical Week. Swimmers can receive points for clothing that you would wear in either a tropical place or at the beach. Clothing that you would ordinarily bring to practice. There will be riddles posted like last week's question that will be awarded points to correct answers.



Group of the Week!

This week's Group of the Week is Group # 4 or "The Water Snakes". This group consists of Ethan Grieves, Dale Kelly, Shawn O'Brien, Adam Ridsdale, Ty Tessier, Tate Wright, and Adrian Grayer.

All of these boys are hard working and determined swimmers. They are always working hard to do the very best. They enjoy competing in our weekly themes bringing in many items and asking many questions about what articles can count for

points. Many of these boys look for the question posted right when they arrived at practice.



Our swimmer of the week for this group is Ty Tessier and Shawn O'Brien for their great improvement due to their hard work. Keep it up boys!



Just a Quick Reminder!

As noted on the first page, there will be NO PRACTICE on Saturday even though we have no swim meet on Saturday. The executive have made a decision for our swim team families to enjoy there long weekend.

There will also be NO PRACTICE on Monday either because of the Civic Holiday on Monday August 1st. Every-

body enjoy your time off!



Remember, practice makes perfect. Even though there's no meet for a week and a half, make sure you keep coming to practice and improve in time for the Beach Grove meet!