

HEEAT Newsletter – Week 1 (July 4th–July 10th)



Monday, July 4th
2011

Swimming season has begun!

Welcome all new families and returning families to HEEAT. We are at our new location with thanks to our new hosts the Butts. Just a few reminders and ground rules to start the season on a high note.

Please park your cars in the soccer field parking lot beside the Butts' property not in their driveway.

Your children are still your responsibility so make sure when they're not under the coaches' supervision that they are being respectful. We also ask that the

swimmers are ready to go near the pool. They are welcome to use the soccer fields at other times. Please ensure that swimmers bring their own equipment to do so.

The Butts do not own the property behind the pool but they do own the property beside so parents and guardians are welcome to watch from the side yard and stay off the deck please.

Swimmers are reminded to check their mailbox before their group is called on a regular day

basis. The coaches will make sure the mailbox is at every practice and swim meet.

If you sold all of your 50/50 tickets, please contact one of your coaches or Kim Renaud 519-738-2878. You can place the filled out tickets in the "Renaud" mailbox. We will not have extra booklets available instantly but we will try our best to have them within the day.

So let's kick off the season right. Hopefully everyone has a fun and great summer!

Contacting HEEAT

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Co-chairs:
Kim Renaud
519-738-2878
Bruce Grieves
519-738-2990
Sue Timpson-Mannell
519-738-2575
Treasurer: Andrea Kelly
519-738-6364
Past President: Kathy
Nicholson
519-738-3365
Advisor: Leslie Balsillie
519-738-4819

Mark Your Calendars

Saturday, July 9th:
Distance Challenge
and Mock Swim Meet
at GessTwoood Camp

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 August 1st:
Civic Holiday
NO PRACTICE

Sunday August 7th:
Thamesville Swim
Meet

About our coaches!

Janelle Balsillie and Heather Metcalfe are our coaches for HEEAT this year. Just to let you know a little more about them.

Janelle is 18 years old, and recently graduated from Harrow District High School. She has worked for the Town of Essex as a lifeguard and swim instructor for 6 sessions (2 years without the summer) She has been a part of the Summer Company program for creating her own summer business of swimming lessons. She was the HEEAT assistant coach last year and a HEEAT swimmer for 11 years, as well as on the high school team for



3 years.

Our Assistant coach, Heather is



also 17 years old, and just graduated from St. Thomas of Villanova High School. She has worked for Town of Essex for 3 sessions as a lifeguard, swim

instructor, program and facility staff. She has volunteered coaching and playing different

minor league sports within our community including softball and hockey. She was a HEEAT swimmer for 3 years.

Make sure you're kicking continuously. Kicking is one of the most important components of a strong stroke. Make sure you are kicking from the hip with a whip at the knee.

Swimming Quotes

"Life's greatest adventure is doing one's best"

-Anonymous

"Swim each practice as if it were the last practice of the year"

-Anonymous



"When I go out and race, I'm not trying to beat my opponents, I'm trying to beat what I've done...to beat myself, basically"

-Ian Thorpe

"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them"

-Amanda Beard