

## **Club Night – Term 3 Thursday 2<sup>nd</sup> August – 20<sup>th</sup> September 2007**

### **Pool Closure**

There is no swimming for the first 2 weeks of term 3 as the pool is closed for maintenance, club nights will resume on Thursday 2<sup>nd</sup> August.

Don't forget the Club has competitive squads available for those swimmers who might like to take up swimming a little more seriously. If you would like some information about any of the squads feel free to ask Mike Guy or myself on a Thursday night or you can contact me by phone (09)534 2693 or email [admin@hpkswimclub.org.nz](mailto:admin@hpkswimclub.org.nz).

### **Tuesday Race Nights : 7<sup>th</sup> Aug., 21<sup>st</sup> Aug., 4<sup>th</sup> Sept., 18<sup>th</sup> Sept.**

Race nights commence again on Tuesday 7<sup>th</sup> August at 7.00pm, make sure you mark these nights on your calendar. Thanks again to all the parents who help us run these nights, your assistance is appreciated.

To the swimmers, make sure once you've mastered the 25m races have a go at the 50m races then the 100's. Keep setting yourself goals and before long you'll be able to swim the longer distances without getting tired or losing your technique.

### **Winter League**

HPK is doing very well in all of the Counties League Competitions (Dolphins, Provincial and Open). Club swimmers come down and watch one evening, they're lots of fun and don't take up much of your time. We would love to see you there.

The remaining dates are:

Open League – Lloyd Elsmore Pool – Tuesday 31<sup>st</sup> July, 28<sup>th</sup> August, 11<sup>th</sup> Sep. 7.15pm

Provincial League – Papatoetoe Pool – Friday 3<sup>rd</sup> August, 31<sup>st</sup> August 6pm

Dolphin League – Lloyd Elsmore Pool – Saturday 22<sup>nd</sup> Sept. 6.30pm

### **Honda Spring Carnival 11-12 August 2007**

This Term is our major carnival for the year. A flyer is attached to this newsletter. If anyone has access to any spot prizes or would like to sponsor a race at \$50 we would like to hear from you. Swimmers, if any of you would like to enter any of the races come and see Mike or myself or speak to your coach. There are 50, 100, 200 and 400 races available, come and have a go.

### **Club Website [www.hpkswimclub.org.nz](http://www.hpkswimclub.org.nz)**

Don't forget to check out the Club's website. You can check your times, order uniforms, look at the latest Waterspout as well as catch up on all Club information.

It is worth having a regular browse through.

We are always available to answer any questions or try to help with any problems you might have so feel free to come and see us.

Vicki Ashley  
HPK Swim Club