

# **HPK SWIM CLUB**

## **Club Night – Term 3 Thursday 6<sup>th</sup> August – 24<sup>th</sup> September 2009**

### **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 6<sup>th</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 me 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 : 18<sup>th</sup> Aug., 1<sup>st</sup> Sept., 15<sup>th</sup> Sept.**

Race nights commence again on Tuesday 18<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.

Race nights are an important factor in keeping swimmer's motivated as they can see their improvement, so try and come along if you can.

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.

### **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, as well as catch up on all the latest club news. Coaches also promote some interesting sporting websites you can visit which can help with not only swimming but overall sport conditioning.

We love to hear about swimmers' achievements in and out of the pool so if you have any interesting news you would like to share with other club members send me an email (photos can also be included).

It is worth having a regular browse through.

Please let me know if you are moving out of the area, changed address or have decided to stop swimming as we have a list of swimmer's waiting for a space.

I am always available to answer any questions or try to help with any problems you might have so feel free to come and see me.

Vicki Ashley  
HPK Swim Club