

HPK SWIM CLUB Term 3 2011

Club Night – Term 3 Thursday 4th August – 6th October 2011

We hope everyone had a great holiday break and are feeling refreshed for another long term (thanks to the Rugby World Cup and no pool closure).

Tuesday Race Nights : 9th Aug., 23rd Aug., 6th Sept., 20th Sept. 4th Oct.

Race nights commence again on Tuesday 9th 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 swimmers 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.

Eating For Your Sport

Find out how to eat well to maximize your sporting performance. Download a free nutrition advice sheet specific to your sport, written by NZ sports nutrition experts.

Sports covered are:

Rugby, Cricket, Football, Cycling, Swimming, Netball/Basketball, Tennis/Squash/Badminton, Triathlon, Athletics, Rowing, Hockey, Sailing, Rugby League, Water Polo, Distance Running, Volleyball/Beach Volleyball, Wrestling/Boxing, Gymnastics/Dance, Multisport, Golf, Weightlifting.

www.mish.org.nz or www.nestle.co.nz/nutrition

Club Website www.hpkswimclub.org.nz

Don't forget to check out the Club's website. You can check your times, order uniforms, also 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