

# **HPK SWIM CLUB**

## **CLUB NIGHT NEWSLETTER TERM 3 2015**

### **CLUB NIGHT 6<sup>th</sup> Aug. – 24<sup>th</sup> Sept.**

Hi guys, welcome back to all our regular swimmers and a big hello to all new children who have just joined.

There will be no swimming for the first 2 weeks of term 3 as the pool is closed for maintenance. Club nights will resume 6<sup>th</sup> August and will run until 24<sup>th</sup> September. Please note these dates .....

The 7-8pm session for 11/under is full and on wait list, so please advise me if you will no longer be attending so I can fill your space. Don't forget the Club has competitive squads for those swimmers wishing to take 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, by phone (09) 534 2693 or by email [admin@hpkswimclub.org.nz](mailto:admin@hpkswimclub.org.nz).

### **TUESDAY RACE NIGHTS: 11<sup>th</sup> Aug, 25<sup>th</sup> Aug., 8<sup>th</sup> Sept, 22<sup>nd</sup> Sept.**

Yippee, they will be up and running from 11<sup>th</sup> August, 7pm start, so be there ..... A race night schedule is enclosed.

For all new swimmers, race nights are not to be missed!

Not only are they a lot of fun but it gives your children a chance to see how well they can do against their peers and put into practise what they are learning on club nights.

Race nights pretty much cover children of all levels from beginners through to competitive, it is up to each individual as to how many and what events they swim each night.

Ribbons are awarded to all swimmers who attempt a race they have not done before or better their fastest recorded time for the PB stroke (which is different each race night, see the highlighted events).

Also, throughout the year children accumulate points for each race night attended and for every PB they swim, at the end all the points are tallied up and trophies awarded for the highest points girl/boy in each age group.

So in other words – the more you turn up the more points you receive, the better chance you have to win!!!!

### **EATING FOR YOUR SPORT**

Find out how to eat well to maximise 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](http://www.mish.org.nz) or [www.nestle.co.nz/nutrition](http://www.nestle.co.nz/nutrition)

### **LANE MOVEMENTS**

I'm often asked about swimmers moving lanes as they improve. While we do try to accommodate swimmers who are at the stage where they can cope with the workload of a higher lane, unfortunately, once we reach capacity there is no spaces for them to move to, so instead coaches need to challenge them and make training slightly harder until a space opens up. All swimmers are reassessed at the end of term one before they register for the next season.

Please don't hesitate to contact me if you have any questions or problems.

Vicki