

# **CLUB NIGHT NEWSLETTER TERM 4 2008**

## **Coaching Night- Thursday 16<sup>th</sup> October – 11<sup>th</sup> December**

I can't believe Term 4 is here and Christmas is just around the corner (hasn't the year gone fast). We hope everyone had a great holiday break and are feeling rested and ready for the busiest time of the year. It's nice to see a lot of familiar faces back and welcome to those who have only recently joined us or are here for their first time.

Thursday nights are full and it's pleasing to see so many older swimmers in the 8 – 9pm session. We seem to have a great group of swimmers at the moment and we hope the support continues. Parents, please make sure you are here before 9pm to pick swimmers up, as we do not like to see children waiting outside in the dark.

## **Race Night- Tuesday 21 Oct., 4 Nov., 18 Nov., 2 Dec., Start time 7pm**

These are every second Tuesday night throughout the term and are great fun. For those swimmers who have not attended one you should come and give it a go. The emphasis is not on winning but on improving your own times or working on technique. Swimmers may choose the races they want to swim and how long they stay for. Race nights normally finish between 8.15 – 8.30pm.

Thanks to all those parents who help with timekeeping, we couldn't run these nights without you. It's an excellent way to support your children and become involved with their progress. I always enjoy seeing how much the children progress and become quicker and more confident.

## **Club/Race Night Cancellations or Changes (see website)**

If, for any reason Club or Race Night is cancelled or changed there will be a message published on the Club's message board (see our website [www.hpkswimclub.org.nz](http://www.hpkswimclub.org.nz)). It is a good idea to familiarise yourself with this site as it contains a lot of information (race night calendars, newsletters, uniform info, and contacts), articles, photo's etc.

## **\*\*Christmas Party- Thursday 11<sup>th</sup> December- All swimmer's 7 – 8.30pm**

As usual we will be running a Christmas fun night on the last coaching night. All Club night swimmers (both 7-8 and 8-9 sessions) are to come at **7pm**, so keep this night free. We'd love to see everyone there.

## **Term 1 2008**

Coaching will resume after the Christmas holidays on the first Thursday of Term 1 (as soon as school goes back). A newsletter will be posted out over the holiday break. Please let us know if your address has changed or if you will no longer be attending club night (as we have a waiting list).

If you have any problems or suggestions you are welcome to discuss these with me on a Thursday night.

Enjoy the term.

Vicki Ashley  
HPK Swim Club