

# **CLUB NIGHT NEWSLETTER TERM 4 2014**

**PLEASE NOTE CLUB NIGHT NEWSLETTERS & RACE NIGHT PROGRAM  
WILL NO LONGER BE MAILED OUT BUT WILL BE AVAILABLE ON THE  
CLUB WEBSITE [www.hpkswimclub.org.nz](http://www.hpkswimclub.org.nz)**

## **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.

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.

Don't forget the HPK club group at Otara Pool. Unlike Club Night at Lloyd Elmore we can offer swimmers the option of training a Tuesday & Thursday evening.

If you are interested in this group please contact me by email

[admin@hpkswimclub.org.nz](mailto:admin@hpkswimclub.org.nz) or see me when we start back in October.

## **Race Night- Tuesday 21<sup>st</sup> Oct, 4<sup>th</sup> Nov, 18<sup>th</sup> Nov, 2<sup>nd</sup> 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 around 8.30pm.

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

If, for any reason Club or Race Night is cancelled or changed a message will be 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 familiarize yourself with this site as it contains a lot of information (race night calendars, newsletters, uniform info, 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 2015**

Coaching will resume after the Christmas holidays on the 5<sup>th</sup> February 2015. 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