

HAMMOND HILLS HAMMERHEADS

May 2017 Newsletter



Counting the days

- - - - x

FOUR DAYS UNTIL THE WAIT IS OVER! We are officially in the final days of the 2017 countdown and your coaches could not be more excited. As you take a dive into our May Newsletter, we encourage you to view this information as a guide for the season ahead. Filled deep with updates, tips, and important news, this wave of info will be a great safety net to veterans and newbies alike. As always, do not hesitate to contact us if needed. See you soon! - Your HH Coaches

Roll Call 2017: Count (on) the Coaches

- - - - X



Coach Sydney: A graduate of Riverwood High School and a rising sophomore at University of Kentucky, Sydney is no stranger to Hammond Hills. A long time HH Lifeguard and best friend to Coach Gabby, Sydney is a beloved member of the Hammerhead community. She is so excited to coach and serve as the pool's assistant manager during Summer 2017!

Coach Gabby: Starting from her time as a 6 & Under, Coach Gabby has always been a stand-out Hammerhead. Now a graduate of Riverwood HS and a rising sophomore at Baylor University, Gabby specializes in our youngest (and oldest) swimmers.

Her attention to detail and passionate determination makes her an incredibly talented coach. We are so happy to have her back for another season!

Coach Ian: Best known for his positive can-do attitude, Coach Ian is an amazing addition to this A-Team. A Hammerhead since age 5, Ian has always been a leader in our program. From the time he could do a lap, he was cheering on his teammates and asking the coaches what he could do to help. What feels like has been a long time coming is finally here - Coach Ian is finally "Coach" Ian!

Coach Kateleigh: Hammond Hills's philosophy of sportsmanship, encouragement, and determination is truly reflected in Coach Kateleigh. She emphasizes that our team is more than swimming, it's an opportunity for life-long memories. Helping create those memories for our swimmers is at the top of her list and is one of the biggest reasons she is at the top of ours. Couldn't be happier that this Hammerhead grew up to be a coach!

Coach Stephi: If you have a four year old hammerhead, this is the coach to thank! Back in 2001, Coach Steph didn't take the "no children under 5" rule so well. Instead of accepting the bench for another year, Steph swam a lap of butterfly and ended any expectation that our small but mighty swimmers would be left out. Never scared by a challenge, Steph is one of our most valuable coaches. A Riverwood HS grad and rising UNC-CH Junior, Coach Steph's great sense of humor and ability to connect with our kids makes her irreplaceable.

Coach James: Coach James was a Hammerhead before he even knew it! The fourth member of the famous Jackson Five, James came from a long line of dedicated Hammerheads. Though his determination comes as no surprise, Coach James is also a stand-out for his year round swimming knowledge and emphasis on individual growth. A recipient of the "Spirit of Hammerhead Whistle Award," James embodies what it means to be an incredible teammate, friend, and community member. After years of earning it, we're so happy to have him on our coaching staff!

Coach Laney: A Riverwood HS grad and Appalachian State Alumnae, Coach Laney is celebrating her 11th season as a coach at Hammond Hills. Growing up in the neighborhood, she learned the sincere impact a supportive community can have on a child. She truly believes this team and community are two of the best gifts life has ever given to her. But most of all, she would like to thank every one of you for making it all possible.

First Day of Practice: Excitement & Expectations

Our first practice is on May 15th and we are so excited! We always look forward to seeing everyone and getting the ball rolling. The first day will be spent giving lots of hugs, sharing lots of stories, and offering lots of introductions. It is our goal to not only provide quality instruction, but also help create an environment that fosters friendship and teamwork. When you arrive inside the club, wait to hear the coach's whistle. We will call all swimmers in the age group to one area on the deck near the baby pool to circle up! Wondering what you should bring with you? See below for a quick packing list!

- One piece suit / tight swim trunks
- Goggles
- Sunscreen
- Towel
- Water Bottle
- Older Kids: Swim Cap
- All girls: Ponytails/Hair Ties



Overview of What's Ahead

The first week of practice will be spent assessing our swimmers' abilities, reviewing the basics, and creating a strong foundation for the season ahead. During our second week of practice, we will begin to build on the basics and integrate an emphasis on speed. At the end of the second week, we will hold swim meet-esque time trial. The times from this practice are used as an assessment tool to help us strategize for the meet and plan our future practices.

Afternoon practice times will stay the same throughout the season with ONE EXCEPTION. We will have Friday afternoon practice May 19th. This Friday afternoon practice is the only Friday afternoon practice we will have all season. We just want to remind everyone that morning practice will not start until after Memorial Day!

**REMINDER: Practice times can be found under the practice schedule tab on our website (hhsta.swim-team.us)

Late Spring Bloomers, Sign ups & Bathing Suits

-----X

“Is it too late to sign up?” If you’re like us and get this question a lot, tell your friend/neighbor/acquaintance “It’s never too late to sign-up for swim team!” Late sign-ups happen all time and we are happy to add more Hammerheads to our family. However, there are late fees applied by our ASA league and the t-shirt orders are closed. If you know of a swimmer or family interested in joining, please tell them to not hesitate to contact us. We look forward to telling them all about our love for Hammond Hills! Late bathing suit orders can be completed at on the first day of practice (May 15th).



Wonderful World of our Website

-----X

Want to see the practice schedule? Want to know meet dates and locations? Have a general information question? Our website is the place to go! Newly updated - the front page of our website breaks it down for you. In addition, the website also has a built in calendar. The calendar is full of important dates, including swim meets and no practice days. Not to mention there is a button that lets you download the calendar to your phone and/or computer! In addition, the website is where you will sign-up for volunteer positions, read volunteer position descriptions, mark your child absent for any given meet, and find our awesome team sponsors' information. Check out our website here: hhsta.swim-team.us



Small but Mighty: Junior Sharks Feeder Team

Junior Sharks is the Hammond Hills Swim Team FEEDER TEAM. This team was designed for kids who want to be on swim team, but are not quite ready yet. The goal of this program is to bridge the gap for swimmers who love the water, but are not yet able to swim the length of the pool. We work on the basics - holding our breath, correct kicking technique, and streamline. As students abilities progress, we challenge them more! Eventually, we have a group dedicated to working on endurance in the deep end. Making the jump from half of a lap to a full lap can be a big one! But we make sure that our kids have the best encouragement and instruction we can offer.

Junior Sharks' practice times can be found on our website (hhsta.swim-team.us) under the practice schedule tab. Biggest exception to the M, W, TH 4:30-5:00PM rule is the week after Memorial Day. It is a strange week because Monday is a holiday and Wednesday is a swim meet. Therefore, the week of June 1st - we will have Junior Sharks practice TUESDAY AFTERNOON (5/31) and THURSDAY AFTERNOON ONLY (6/2). The following week (6/5) resumes to the normal junior sharks practice schedule. We encourage everyone to use the website as a resource for practice time updates and reminders!

FAQS about Junior Sharks:

1. Is my Junior Shark also a 6&Under?
Answer: No, Junior Sharks have the ability to become a 6&Under once they are able to swim the length of the pool.
2. Does my Junior Shark swim in swim meets?
Answer: No, the feeder team does not swim in meets.
3. Is my junior shark allowed to attend 6&Under practice?
Answer: No, because 6&Under practice requires all swimmers to swim in the deep end.
4. What is the best way to speed up my Junior Shark's progress?
Answer: Bring them to the pool to play! The more time you spend at the pool the better. In addition, private lessons are a great option. Ask a coach how to schedule one!

Swim Meets: What, Where, When, Why, How

- - - - X

What are swim meets?

Organized chaos. Honestly, it can be a lot to take in at first. There's a lot happening in very short period of time over a long period of time. Confused yet? Don't worry! Our staff and veteran parents do our best to walk you through it so don't hesitate to ask questions. If you take anything away from this section, it is that swim meets are our ball games - we compete against another swim team. Quick Overview is this the following:

- Arrive to the pool and place swimmer in the designated bullpen area
- Swimmer will have a coach or parent write their events on their arm
- Swimmer will participate in our team warm-up/team cheer
- The Meet will contain event numbers with heats of each race

Ex: Your swimmer is in Event #12 (Swimming freestyle), Lane 1, Heat 2 (2nd person in Lane 1 to swim Event #12) - their bullpen parent and coaches will make sure they are in the right spot

- During the meet, swimmers hangout in the bullpen with their friends
- Once their events are completed, they are free to leave the meet
- After the meet is over, we celebrate at Pizza Crosta in the Prado!

Concessions are also available at the meets so come hungry

It typically takes a couple of meets to feel comfortable with the routine. But once you figure it out, the giant groups of kids, sharpie covered arms, and early arrival time all start to make sense. And despite the unavoidable craziness, we emphasize that meets are F-U-N! So bring your Hammerhead spirit and treat it like a party.

Where are the swim meets?

At our pool or our opponent's pool. You can find locations on our website under the swim meet tab or calendar! (hhsta.swim-team.us)

When are the swim meets?

Wed. May 31st//Tues. June 6th//Tues. June 13th//Tues. June 20th//Mon. June 26th

WHY do we tell you if we are missing a swim meet?

Many countless hours go into planning every swim meet. We strategize and build around those swimmers who are attending the meet. It's VERY important we know if you're swimmer will not be there, because an unexcused absence could potentially ruin a dozen teammates' races and the overall outcome of the swim meet. Letting us know your swimmer cannot attend a meet is very easy! Just go to our website, click the swim meet tab, and select the "RSVP" button for the meet they cannot attend. Type in their name and remember to hit save before closing the window.

How do I prepare my swimmer for a swim meet?

#1: Make sure they bring everything on our swim meet checklist!

#2: Review our meet questions and phrases!

#3: Remind them that swim meets are all about having fun. Win or lose / first or sixth place, we are so proud of them and happy to have them be a part of our Hammerhead family! *Checklist and swim meet guide will be sent out 2nd week*

Mandatory Volunteer Positions

- - - - x

Step #1: Volunteering at swim meets is mandatory for **every** family EXCEPT those families who **only** have junior sharks. For double clarification - if you have a swimmer who is not a junior shark, the following volunteer duties are mandatory. This is the second year where we will be completing volunteer sign-ups on our website. Therefore, we highly encourage you to look over the positions and pick out your ideal duties ahead of time. You can find position descriptions under the “volunteer” tab on the website.

You will not be guaranteed these positions (everyone else will be signing up too) so it would also be good to have back-up options to reach your mandatory TWO DUTIES PER FAMILY. The sooner you sign up (**starting May 15th at NOON**), the more likely you will be able to get the volunteer positions you want for the season. You must collect a total of TWO DUTIES PER FAMILY. If you do not reach your two duties, you will be fined. We don't mean to seem harsh - but these swim meets simply cannot happen without your help.

Step #2: Go to our website (hhsta.swim-team.us). Click our “Swim Meets Schedule” tab. Click the “V” button next to the meet of your choosing.

Step #3: Once you find your desired volunteer position, click “NEED VOLUNTEER” and select your name in the drop down menu.

Step #4: Make sure to hit “SAVE” at the bottom of the screen.

Step #5: Check and make sure your name has saved/is locked into the position you have chosen for that particular meet.

VOLUNTEER SIGN UPS WILL OPEN ON MAY 15TH AT NOON!!!!

Drumrolllll pleaseeeeee!

- - - - x

We are so excited to introduce our 2017 Hammond Hills Sponsors! These awesome corporations, restaurants, entrepreneurs, and small businesses share our passion for building a better community. Through their support, we are able to invest in the season ahead as well as the future of our program. Over the course of the season, we will be providing you with updates about each of these awesome people! If you ever have any questions about their services, products, or stores - do not hesitate to ask, we are more than happy to help! We are so thankful for their contributions and hope to support them as much as we can!

 A SOUTHWESTERN GRILLE & CANTINA	 oven fired craft pies		
	 Rebekah Barr 678-488-6711	 PREMIUM NUT BUTTERS	 Caffeine AND Speed & Style
 Michelle Robinson			
	 Shep Lawrence 404-937-6222 sheplawrence@allstate.com Go Hammerheads! Allstate You're in good hands. Auto Home Life Retirement		
 Survival of the Littlest			

Our Facebook Group

- - - - x

If you haven't done so already, we encourage you to join our facebook group! The group is posted on regularly with updates and team news. It is a private group, but we will add you as soon as you ask to join. It is also a great place to add nannies, grandparents, and/or summer caretakers as a way to keep them updated with the latest information regarding our team. Find our facebook group [here](#).

Beginning of Season Pool Party (May 21st)

-----x

Mark your calendars, Hammerheads - we are starting a new tradition! We understand there is a need to ask questions in person before the season really gets rolling, but we also understand that the majority of the information we talk about in the parent meeting could be in an email. Therefore, in our very Hammerhead way, we decided to have a party. The party will be on Sunday, May 21st from 1-3PM at Hammond Hills Pool with ice cream sundaes for the kids. But mostly, it's an opportunity for the kids to play with their teammates, parents to hangout by the pool, coaches to introduce themselves, and for you to ask the coaches any questions that are on your mind. Plus it's a pool party before the pool even opens for the season - how fun is that?!

Private Lessons

-----x

Private lessons are a great way to speed up your swimmer(s) progress! Whether it's addressing a specific skill or general swimming ability, one on one coaching offers swimmers full individualized attention. In addition, coaches have their specialities! You may be recommended to a specific coach depending on the type of lesson you want to schedule for your swimmer. Sessions run \$20 per half hour. Lessons can be scheduled through each coach by their personal email or phone number.

Gabby Jackson - gabby_jackson@bellsouth.net

Stephi Piefke - stephihswim@gmail.com

Laney Piefke - laneyhswimteam@gmail.com

*Sydney, Kateleigh, James, and Ian will also be available for lessons starting the first week in June.

Questions, Concerns, Clarifications

-----x

If you have questions or concerns, do not hesitate to contact our coaching staff (laneyhswimteam@gmail.com) or our team representative (Mary Dodd Walker) at marydoddwalker@gmail.com.