

# HAMMOND HILLS HAMMERHEADS

February 2017 Newsletter



## **“I WANNA SWIM WITH SOMEBODY (Who Loves Me)” : Hammond Hills Swim Team Embraces Valentine’s Day!**

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In order to properly appreciate the festivities of Valentine’s Day this February, all captions are love song themed. Enjoy!

# “Ain’t No Swim Meet Long Enough (to Keep Us From You)” - Your Coaches for 2017

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**Name:** Melanie Piefke

**Nickname:** “Laney”, “SpinClass#1Fan”

**School:** Alumnae of Appalachian State University, Major in Elementary Education, Second Concentration in The Arts

**Things She’s Done Since Last Season:** “I taught English to middle schoolers in Civitanova Marche, Italy from October to November 2016! During my 9 week program, I stayed with a host family and traveled to almost all of the major cities and even a couple of mountain towns. My favorite city was Venice (water for streets - what a concept). My favorite dish was my host grandma's homemade plum marmalade. Check out my blog for pictures! <http://laneyitalia.tumblr.com>”

**Things She’s Excited About for 2017 Season:** “I am so excited for this next chapter as a coaching staff. Passing on the skills and traditions with Gabby and Steph to the newest set of coaches will be one my greatest honors thus far in my time at Hammond Hills.”

**Name:** Stephanie Piefke

**Nickname:** “Stephi”, “Steph Curry”

**School:** The University of North Carolina at Chapel Hill, Double Major in Public Relations and Environmental Studies - Sustainability

**Things She’s Done Since Last Season:** “I visited 5 national parks since last season! I joined the Environmental Affairs Committee in UNC’s Student Government, where I am currently heading up a project to reduce waste in the Greek System. I’ve decided to apply to a dual degree program where I can get my Master’s in 5 years! I also started working for Blue Dolphins Aquatics in September.”

**Things She’s Excited For This Season:** “I am very excited to work on our coaches’ relay themes. I learned some new games at BDA that will be fun to work into practice as well.”

**Name:** Gabriela Jackson

**Nickname:** “Gabby”, “Gobby The Free Elf”

**School:** Baylor University, Double Major in International Business and Professional Sales

**Things She’s Done Since Last Season:** “I started my first year at Baylor and it’s been amazing! I made the Dean’s list my first semester and I also was the volunteer manager of an organization called “Santa’s Workshop” where we put on Christmas for over 350 less fortunate children in Waco. Recently, I joined Zeta Tau Alpha this past month and love it very much.”

**Things She’s Excited About For This Season:** “I am very excited to see my junior sharks and to see what all the high schoolers’ have been up to with their swimming.

## “I Just Called To Say I Love Suits” - Stevie Wonder, probably

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INTRODUCING OUR 2017 SWIM SUIT!

Last year, it came to our attention that swim team bathing suit companies are moving away from the 2 year suit model. In light of this news, we will unfortunately no longer have the same suit 2 years in a row. We apologize for this unforeseen change. We understand the 2 year suit model makes racing suits a more affordable, realistic purchase. Therefore, we have developed a plan to hopefully help ease us through this transition. Moving forward, we will not have the same suit two years in row, but we WILL have the same color two years in a row. This will be our second year having the color purple!! Therefore, as much as we would love for you to enjoy the new purple suit, you are more than welcome to continue wearing the purple suit from last year.



## “Crazy Little Thing Called Jobs” : 2017 Junior Coaches and Lifeguards

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TODAY IS THE DAY! We are happy to present our [2017 Junior Coach Application](#). Applications are open to rising High School Sophomores and Juniors. All applications are due by Friday, February 17th. Interviews will be held the last weekend in February. If you have any questions about the application, feel free to contact Coach Laney at [laneyhhswwimteam@gmail.com](mailto:laneyhhswwimteam@gmail.com).

Lifeguards applications are also open to those swimmers who are 15 years or older. The swimmer must be 15 years old by May 14th to eligible to apply. To receive more information about lifeguard applications, please contact Laney Piefke at [laneyhhswwimteam@gmail.com](mailto:laneyhhswwimteam@gmail.com).

## PRACTICE TIMES

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### MORNING PRACTICES:

6&Unders: 9:00-9:30am

7&8s: 9:00-9:30am

9&10s: 9:30-10:15am

11&Ups: 10:00-11:00am

\*Due to the reduced attendance in the mornings, 6&Unders and 7&8s practice will overlap. They will still be run as separate practices in separate swimming lanes.

### AFTERNOON PRACTICES:

6&Unders: 5-5:30PM

7&8s: 5:30-6:00PM

9&10s: 6:00-6:45PM

11&Ups: 6:30-7:30PM





## “What’s Online Got To Do With It” : Registration for 2017

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For the third year, the swim team will have an online registration portion. This method was perfected last season and is simple for both the coaches and parents! What this means for you, the parents, is that you can now register at home and will have the option to pay by credit card. Registration will open at the beginning of March.

At the beginning of March, an individualized email will be sent out to every family who participated on the team last year. The email will automatically link you to your registration page. Once inside the registration page, the majority of your swimmers’ information will be already filled in and the entire process should take around 5 minutes. If you are a new family joining swim team this year, directions will be sent out explaining how to sign up using the website. Of course, we will still have two in-person dates at the pool for bathing suit fittings, troubleshooting registration issues, and cash/check payment. We will be sending out more information about online sign-ups as the registration dates get closer.

# “Let’s Swim Together” - Swimmer Interviews

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**Name:** Zach Strong

**Age:** 16

**School:** Riverwood International Charter School

**Favorite Stroke?**

“Freestyle.”

**How long have you been swimming for Hammond Hills?**

“I have been a swimmer at Hammond Hills for 8 years now.”

**What is your favorite part about high school swimming at Riverwood?**

“My favorite part about swimming at Riverwood is the dedication and hard work it takes to be on the team and the relationships you build with the other swimmers.”

**How do you think Riverwood will perform at State next weekend?**

“I believe that the state team will do amazing. We have some great relays and some really fast individuals.”

**What is your favorite Hammond Hills memory?**

“My favorite memory about swimming at Hammond hills is the banquet at the end where they hand out awards and show the video of the whole season.”



**Name:** Lucy Rank

**Age:** 8

**School:** High Point Elementary School

**Favorite stroke?**

“Breaststroke.”

**When did you start practicing at Hammond Hills?**

“When I was about 2 ½ years old.”

**Where do you swim in the off-season and what is your favorite thing about swimming year round?**

“I swim at Swim Atlanta. My favorite thing about swimming year-round is that I get a lot of support and they challenge me. I love improving.”

**What’s your favorite thing about being a Hammerhead?**

“My favorite thing about being a Hammerhead is never giving up, always trying new things and the support we get– all the encouragement the coaches give us. They teach us to be good sports.”

**What would you tell a new swimmer who’s joining Hammond Hills for the first time?**

“I would say hey, you got this. Just keep swimming. We all love you. Just work hard.”



## Sponsorships 2017

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We are now taking on sponsors for the 2017 Summer Swim Season! Our sponsorship model offers a unique fit for all business needs - ranging from real estate agents and local businesses to corporations and franchises. If you know of anyone who may be interested in sponsoring our team this year, please email us at [hhswimsponsors@gmail.com](mailto:hhswimsponsors@gmail.com). In addition, feel free to send any potential sponsors our [promotional flyer](#).

## Facebook Group

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Our facebook group is a hub for swim team updates, meet information, and season reminders. In addition, it will be a place for us to promote our sponsors, share pictures/videos with the Hammerhead community, and celebrate our swimmers! The group is closed, therefore you must request invitation. Click [here](#) to join the group today.

## Our Website

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Our website works as our registration hub, but it's also a great place to check the calendar, email updates, and our sponsors' information. Feel free to explore and share our website at the following link: <http://hhsta.swim-team.us>





## Dates for the New Year

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**Registration/Bathing Suit Fittings:**

Saturday, March 25th (9AM-1PM) and Sunday, April 30th (2-5PM)

**T-shirt Deadline Date:** Saturday, March 25th

**First Day of Practice (Afternoon Only):** Monday, May 15th

**Parent Meeting:** No parent meeting will be held this year

**\*\*NEW\*\* Beginning of Season Pool Party:** Sunday, May 21st (1-3PM)

**Graduation/Memorial Weekend:** No practice May 26th (Fri) or 29th (Mon)

**First Day of Morning and Afternoon Practice:** Tuesday, May 30th

**Picture Day:** Wednesday, May 24th

**Meet Schedule:** TBA at the beginning of April

**Party/Awards Ceremony:** Wednesday, June 28th

**Championship Meet/State Qualifying Meet:** Thu. June 29th & Sat. July 1st

Click [here](#) for a printable flyer containing 2017 dates and practices times.

## Important Note: BATHING SUIT FITTINGS

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We HIGHLY encourage you to come to our first bathing suit fitting on Saturday, March 26th (9AM-1PM). For the second year in a row, you will be able to walk away with your suit at the first fitting (while supply lasts)! If we do not have your suit size in stock, we will order it and have the suit available to you before the first swim meet.

## Send us Swimmer Successes and Updates!

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We miss our swimmers and want to hear updates about them too! Therefore, we are continuing our "Swimmer Successes!" program. If your swimmer (or a Hammerhead you know) has a fun update to share with the coaches and team, please send an email to [laneyhswimteam@gmail.com](mailto:laneyhswimteam@gmail.com).

