

September 22, 2011

Hello HEAT Families!

I hope you enjoyed your time off. The high school team has been having fun without you, but now it's time for the HEAT age group swimmers to start up again.

First HEAT practice of the 8-week Fall Season! Tuesday, October 4, 5-6:15pm

At this practice, you can update and fill out your 2012 registration paperwork. USA Swimming dues are \$55 per swimmer for 2012. Outreach dues remain at \$7 per swimmer and apply to athletes who qualify for reduced/free lunch program with the school district. *Outreach swimmers who are renewing their registration are required to provide an updated letter from the school district.* If you have a swimmer who is new to the team, a copy of their birth certificate will be needed at registration.

Team dues and practice times remain the same as last year:

- White Group (beginners) \$20/month Tues & Thurs 5-5:45pm
- Red Group (9-12) \$25/month Tues 5-6:15pm, Thurs 5:45-7pm
- Senior Group (13+) \$30/month Tues 5-6:15pm, Thurs 5-7pm
- Team Practice (everyone) Fridays 9-11am
- You will also see some Wednesday afternoon and Saturday mornings practices on the schedule. If you are interested, ask Coach Karen if those practices are a fit for your swimmer.
- Discounts are 15% for advanced payment of one season (20% for 2+ seasons) as well as \$5 off per additional sibling who joins the team

There will be a policy change regarding coach travel to swim meets. At least 5 athletes must attend a swim meet for a coach to also attend. If there is a meet you are interested in but the coach cannot attend, it is very easy to arrange a substitute coach to help your swimmer at that meet. I'd like to think we prepare our swimmers at practice so they will be ready to race at a meet whether their coach is there or not.

Also, I know some swimmers must wait on deck before or after their group gets in the water. Encourage your kids to bring their homework or something quiet to occupy their time. We can no longer allow (oh-so-much-fun) running around in the building and other dangerous, poorly supervised activities.

One last thing: we love your referrals! If you have friends or family that would like to check out the swim team, have them contact me. Kids are welcome to try the HEAT out for a week before making a financial commitment.

~Coach Karen

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