

The Holmen Hurricanes Summer Swim Team 2008

Welcome swimmers and parents to the 2008 summer swim team at the Holmen Area Aquatic Center. The season this year will run very similar to that of previous seasons with a few minor changes that will hopefully prove to make the season go more smoothly. As we did last year, each swimmer will have a folder with his/her name on it. Any information you will need throughout the summer will be placed in your folders, so please **CHECK YOUR FOLDERS EVERYDAY**. Sign up sheets, ribbons, and other info will be placed in the folders. The following is a brief summary of season, but keep in mind that changes and updates are more than likely to come as the summer moves on.

Head Coaches:

Kacie O'Brien (608) 215-3635
obrien.kaci@students.uwlax.edu

Assistant Coaches:

Colleen Tierney
Beth Lowenstein

**Pool phone number: 526-6092

Practice:

Here is a guide to follow to tell when you practice each day. The first week we will be moving swimmers around until they are in a lane that best fits their ability. Be at practice on time and ready to swim. Swimmers may be moved to a different practice based on numbers and ability.

Age Groups

11-12, 13-14, Open

Monday-Thursday	11:00am - 12:00pm
Friday	11:00am - 11:45am

8 & Under, 9 & 10

Monday-Thursday	12:00pm - 12:45pm
Friday	11:45am - 12:15pm

Friday Fun Day

As in the past, we will be holding Friday fun day for those swimmers interested at the end of the second practice on Fridays from 12:15 pm – 12:45 pm. After the second practice is over we will remove all the lane lines and turn on the slides. Swimmers will be allowed to go down the slides and use the diving board. Swimmers *must* stay out of the shallow end of the pool where the water toys are located because that will interfere with people doing water aerobics. Team games and relays may be played at this time.

Swim Meets

Each swimmer is not required to swim in every meet, but we would like to see everyone swim in as many meets as they can and do a variety of events. It is very important that **sign ups for the meets are turned in on time** as listed in each sign up sheet. We will not accept late entries. Swimmers are expected to be at the meets on time. If you sign-up for a meet and then cannot make it, you must contact a coach so that the necessary changes can be made as soon as possible. Here are the meets we are participating in this summer:

Saturday, June 14th: Relay Meet (HOME)

****Meet entries due Fri, June 13th 1:00pm!**

Thursday, June 26th: at West Salem

Saturday, June 28th: HOME

Saturday, July 12th: at UWL Invite

Thursday, July 15th: at La Crosse YMCA

Saturday, July 26th: at Onalaska

Saturday, August 2nd: at Rapids Invite in Black River Falls

Pictures

Pictures will be held on Wednesday, July 9th at 11:00 am. There will be no practice held after pictures.