



The Hastings Lake Swim Team “Splash”

A Monthly Newsletter of Hastings Lake YMCA • September 2011

What you should bring everyday to practice:

- ~ Swim Suit (everyday!!)
- ~goggles (at least 2)
- ~Refillable water bottle (please label)
- ~swim bag
- ~fins
- ~swim cap (black or red)
- ~Smile

Welcome!

Dear Parents,

Welcome to the 2011 Hastings Lake YMCA Fall Swim Team!

It's going to be an exciting season with our new coaches and new and old swimmers! I am very confident that Head Coach, Darius, is going to do a great job working with your child or children throughout this season.

By now you should have received your Parent Manual, Code of Conduct Contract and some of you may have even signed up to be a part of one of our volunteer committees. Thank you in advance for stepping up and volunteering! We wouldn't be able to do everything without your support! Together we are all working hard to make this season a successful one!

We have chosen two companies to supply our spirit-wear (GTM Sportswear & Blue Sky), take our team pictures (PMI Photography), and supply our team swim suits (Kiefers). We now have two colors to choose from for our swim team caps...black and red. Make sure to stop by the front desk to purchase one. Flip flops are also on sale for only \$5.00!!



Our first swim meet is just around the corner, Sunday, September 9th with the Lake County Seahorses, so make sure you have everything. If you are unsure just what that is, just ask the coaches and other parents and I'm sure someone will be able to answer your questions.

I look forward to meeting and working with all of you this season!

Sincerely,

Anna Graham
Program Director

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Healthy Kid's Spotlight:

Water, water, water! We saw enough it with all the rain we got this week! It is important to get at least 64 ounces of water a day, and a total of at least 96 ounces of liquids a day. With all the heat and humidity that has been in the air, and getting a hard workout, it is extremely crucial to get more water. Most foods have water in them, so eating healthy foods is a great way to intake water. Here are some interesting facts about water: A healthy person can drink up to 3 gallons of water a day! 80% of an infant's birth weight is water! The average person uses between 80 and 100 gallons of water a day! Have a great weekend and stay hydrated!



"Splash"

Anna Graham, Program Director

Anna Graham is the Program Director here at the Y. She oversees the Fitness, Aquatics, Swim Team, Adventure Departments and is the Volunteer Coordinator and Resident Camp Ambassador. She also teaches karate, group exercise and swim lessons. She was born and raised in Okinawa and moved to the U.S. in 1974. She has lived in the Antioch area for over 17 years. Anna has her Bachelor's Degree in Business Management & Economics and plans on going back to school to get her Masters Degree in Executive Management & Non-Profits. She owned and operated her own karate and fitness school for 17 years before coming to the Hastings Lake YMCA. She has two sons, Graham & Shane, and her baby... a Pomeranian dog named Rusty. Anna loves most sports, especially swimming and karate, gardening, scuba, scrapbooking, dance and the list goes on.... :) She loves it here, at Hastings Lake, because of all the members she meets and staff that she works with.



Swim Suit Info:

Here is our new 2011 Swim Team Suit!

They may be purchased directly at Kiefers, in Zion, for \$46.19(female) and \$30.79 (male).

The female swim suit style is #819012 in black and red. The name is Quantum Spliced Super Proback.



The male swim suit style #706548 in black and red. The name is Quantum Spliced Jammer.

What's happening for Spirit-wear!

Two companies, Blue Sky and GTM Sportswear, will be supplying our spirit-wear for the team. An online teamstore, through GTM Sportswear, is ready to go. The website is www.gtmteamstore.com/hlystingrays. Your access code will be on a flyer in your file folder. You may purchase our team warm-ups and other items on this site, and the order will be sent directly to your home.

Blue Sky will have a flyer with other items that may be purchased through their company. Our first order is due by Friday, September 23rd. Make sure to you're your order in! Committee members will be contacted to help with orders soon!



A Word from Head Coach, Darius

Welcome members of the Hastings Lake Stingrays Swim Team to the 2011 fall season. This fall we will begin another great season with a few changes. This will be my second season as Head Coach. We will continue working on technique this swim season. We will continue this approach with the entire fall season. I hope to continue with all the great improvements in the swimmers' abilities throughout this season.

Coming up soon, we will have our first meet against Lake County YMCA. The sign-ups are on the bulletin board in the lobby. I hope to have a great turnout and some great swims. I encourage all the parents to volunteer a time during the meet as timers, runners, bull pen, and meet facilitators to help the swim meet run smoothly. Thank you all for joining!

Head Coach, Darius

