



# The Hastings Lake Swim Team "Splash"

Monthly Newsletter • December 2011

## TEAM CHEER:

~ Spell out the letters for  
"Stingrays".

S-T-I-N-G-R-A-Y-S, Let's  
Go!

Get softer first, then louder.  
Go slower first, then faster.

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## A Note from Anna

Dear Parents,

I am so proud of our team right now...all of you are putting your best foot forward and accomplishing such great times and making great strides in correcting your techniques! Several swimmers came up with top points for an invitational in addition to making Districts. Congratulations!

We have our Christmas Party scheduled for Saturday, December 17<sup>th</sup> beginning at 6:00 p.m. for Pizza and appetizers. Our gift exchange is at 6:30 p.m. (Boys, bring a gift for a boy. Girls, bring a gift for a girl.) Bring a \$12.00 gift that would be appropriate for all ages. Pool time and dessert time is from 7-9 p.m. Our team has the whole pool to themselves. Hope you can join us!

Our next social event will be scheduled in February. We'll keep you posted as to the date and time. It looks like, by popular vote, we will be going to the Antioch Bowling Lanes for a fun-filled night of bowling!

Our Stingrays Annual Awards Banquet is just



around the corner. It continues to be held at Maravela's Restaurant in Fox Lake. So, we can expect some great food. It is scheduled for Sunday, April 22<sup>nd</sup> to begin at 3:45pm. So mark your calendars to SAVE THE DATE!

Good luck, this weekend!! Go Stingrays!!!

Sincerely,

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## Healthy Kid's Spotlight:

### Prevented Health Maintenance

As Christmas approaches so does flu and cold season. Let's look at some preventive measures to keep our children healthy this winter. We should make sure our kids are washing their hands as often as possible. They should wash their hands, at a minimum, prior to eating, after using the restroom, after they cough or sneeze, and if they come into contact with someone who is sick. We need to make sure the kids are coughing and sneezing into their inner elbow instead of their hands. Sneezing and coughing into their hands may cause further contamination. Finally, it is a good idea for kids to bring their own reusable water bottles.



# “Splash”

## Swim Team Coach Don

Hello! My name is Don Harper. I have been coaching the “Little Stingers” for almost ten years. This is always a wonderful opportunity for me each year because this group of young swimmers is very energetic and can’t wait to get into the pool for practice. There is also a big support group of parents who bring their “Little Stingers” to practice and wait and watch patiently through practice. In fact, I have come to realize, over this period of time, that the parents are a wonderful group of people and I enjoy the level of enthusiasm and support that is available through them.

A while ago, I learned how to swim at the Antioch Aqua Center when I was 12 years old. Throughout the years, I have been a lifeguard and swim instructor, swam many laps during high school and college swim teams, and was the first 1000 mile club member here at Hastings in 1987. My favorite stroke is freestyle and I like to swim long distance events.

I believe that the ultimate purpose of athletic clubs, like the Stingrays, is to provide the participant for a model for lifetime fitness. I am glad that I can be a part of the Stingrays.

### Dates to Remember:

Mark your calendars  
NOW!

#### 2011

12-4 10 & Under  
Wonder

12-10 Foglia Dual Meet

12-17 Christmas Party

#### 2012

1-7 Lattof Dual Meet

1-22 High Ridge

Backward

1-29 Super Sunday

Pentathlon VIII

2-? TBD-Bowling

2-12 Central Lakes

Dual Meet

2-26 District Classics

3-3 Boys District

3-4 Girls District

3-16, 17, 18

State

4-22 Awards Banquet

## Motivational Words for the Month

1. **Motivation:** incentive to do something
2. **enthusiasm:** a feeling of enthusiasm, interest, or commitment that makes somebody want to do something, or something that causes such a feeling
3. **reason:** a reason for doing something or behaving in a particular way

Be a motivated swimmer, believe in yourself. If you want first place, it will not just come to you, you have to work hard, very hard to be successful. Envision the prize at the finish line and go for it.

## A Word from Head Coach, Darius

Congratulations to everyone who competed in Gender Wars. Most of our swimmers were able to achieve best times or close to it. Ten and Under Wonder is coming up this weekend and I am confident that we will have fun and do great. I encourage everyone to keep coming to practice and working hard and we will continue all of our improvements.

Coach Darius

