



# The Hastings Lake Swim Team "Splash"

Monthly Newsletter • October 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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**Hastings Lake YMCA**  
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## A Note from Anna

Dear Parents,

Well, our first home meet is this weekend and I am looking forward to seeing everyone do a great job!

Please make sure to be there early. If the weather is nice, find your spot under the pavilion and you will be good to go. Otherwise, we will be inside. Remember, we are not running a concession stand so bring your own food.

Make sure to have all your team gear...team swim suit, team swim cap, and warm-ups. Don't forget your goggles. And most importantly, your team spirit and smiles. Remember, all of us add to the spirit of the team even when we meet members of the other team...Lake County YMCA Seahorses. Make sure to welcome them all to our Y.

Our first social event immediately follows our meet...we are having a campfire out in the field so, bring your fixin's for s'mores and more!!

Pictures went well. A lot of the swimmers took advantage of getting individual shots done in addition to the team picture. A banner, of the



team, will be up on the wall soon. Keep a look out for that.

Also, don't forget to get your payments in for the upcoming Invationals. The fee is \$10.00 per swimmer and can be paid at the front desk.

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

Sincerely,

Anna Graham  
*Program Director*

## Healthy Kid's Spotlight:

### Snack attack! Eat regularly and choose a variety of snacks

The Key to staying fit is to eat the right foods as well as drink the right drinks. According to Kids Health.org, kids should eat a large variety of foods. The more variety the better chance they will receive all the nutrients their bodies need. Kids should attempt to eat five servings of fruits and vegetables a day. In addition to food, they should attempt to drink two glasses of milk a day as well as lots of water. Milk helps kids take in the calcium needed to build strong bones. Water will keep them hydrated and prevent injuries caused by over exertion.



# “Splash”

## Assistant Swim Team Coach



Hi! My name is Mary. I have been a lifeguard since May 2010. I am also a new Swim Team Coach and Administrative Assistant for the Stingrays Swim Team. I have been involved with the Antioch Waves and HLY Stingrays for several years when my kids were young. I was also an official for the Antioch Waves. I live in Antioch with my two sons and attended Antioch Community High School. We have three Labradors. I am a member of the Kiwanis Club of Antioch. My favorite thing to do is spend time with my great nephew, James, my sons and my family.

### 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 is style #706548 in black and red. The name is **Quantum** Spliced Jammer.

## What’s happening with the Stingrays!

We are very excited to announce that the YMCA will be breaking ground soon on a soccer field, two sand volleyball courts and a basketball court!

Our fall exercise classes have begun. If you didn’t sign-up, there are still openings.

Our swim team, the Stingrays has kicked off a new season almost at full capacity with 96 swimmers aged five to 15. We still have six openings for Little Stingers. The first swim meet will be hosted here at Hastings Lake on October 9<sup>th</sup>. Coaches Darius, Mesa, Don and Mary are excited about their first regular season here.

## A Word from Head Coach, Darius

Congratulations to all of our new and returning swimmers. The first few weeks have gone by and everyone is doing better than expected. We have our first dual meet this weekend and I am excited to see how everyone’s hard work will pay off. I would also like to encourage everyone to stay for the bonfire afterwards and have even more fun as a team.

Coach Darius

