



Hello all HORNETS.

We are so excited that swim season is just around the corner. We have received the survey results and combined those with the comments that were made directly to us to make some improvements to this year's season. We want to share with you a few changes, as well as some things that will remain the same.

- 1) Registration per swimmer is STILL ONLY \$90. If you are a multi child family, the first two swimmers pay full price and each swimmer after only pays \$15 to cover CSA fees.
- 2) Spring practices will be held at the Greensboro College pool on Saturdays and Sundays, beginning on April 1st, from 3:15 - 4:45. We will be doing things a little differently this year. 8 & Under's will practice from 3:15 - 3:45. All coaches will be in the water helping with stroke technique and fundamentals. It is only for 30 minutes, but we feel we can spread our younger ones out and give better attention to them. 9 and Ups will swim from 3:45 to 4:45. Again this will allow us to spread our kids out and concentrate on endurance and speed. We will have the first of two time trials on May 7th. To make the HL Hornets, all swimmers will be required to swim a 25 in 90 seconds. Barbara Vaughn, Francis Deering and Jill Moore will continue to work with our youngest swimmers to see if the Bumblebee, (see #5 below), or the Hornet program, is a better fit for those athletes. This will be a discussion with the swimmer, parents and coaches. Our hope is this will be a better introduction to Hamilton Lakes swim and help build our program. During practices, we will continue to have informational meetings with parents to cover topics such as: regular practices, dual meets, swim buddies, city meet etc...
- 3) This is a SUIT year...Great timing because we have unveiled the new Hornet logo and would love to see as many swimmers in the HL Hornet suit. Many of you have visited our on-line store to get sweatshirts, car magnets or long sleeve t's, our new logo ROCK's, (thanks Austin Harris), and will be part of the Hornet family for many years to come. Our previous suit has been retired, and we ask that you not wear that moving forward. SUIT TRY-ON DATE IS APRIL 1ST FROM 11:00-1:00 AT THE CLUB. WE ENCOURAGE EVERYONE TO COME OUT THAT MORNING, TALK WITH THE PROFESSIONALS FROM SWIM GEAR AND GET FITTED FOR YOUR SUIT. IF THIS DATE DOES NOT WORK WITH YOUR SCHEDULE, YOU CAN VISIT SWIM GEAR AT THE GAC TO GET FITTED THERE.
- 4) Our Bumblebee program has been reborn. This program is designed for kids that are getting used to swimming but might not have mastered stroke technique, swimming against the clock, or the pressure of a big meet. This group will have their practice time on Mondays & Wednesdays from 6:30 to 7pm, and Saturdays at 10:30 am during the month of June. The Bumblebees will also have two meets so they can compete like the "big kids". The cost of the Bumblebees is only \$35.

And finally...the schedule for the summer is as follows:

- June 6th Home Meet verses Lake Jeanette**
- June 13th Away Meet at Green Valley**
- June 20th Home Meet verses Friendly**
- June 22nd Away Meet at Bur Mill**
- June 27th Home Meet verses Sherwood**

CITY MEET is JULY 6-8