

Hurricane Watch

Welcome New and Returning Swimmers!

Are **YOU** ready for another fun and rewarding swim team season? We hope you are and can't wait to see everyone at the pool this summer!

We are ready to keep up that **HURRICANE** spirit and have a great time with the coaches to develop and strengthen swim skills and best of all, have fun!

We hope everyone will join us at Meet the Coaches! Be sure to come and enjoy some TCBY yogurt, very kindly donated by the Sperry family (**THANK YOU!!!!**).

--Dana Campbell & Meg Cohen, co-parent reps

Speed Limit in
Heritage Hills
is
25 MPH

Please drive
carefully!

HHCC Gear

- It's a new team suit year! We're getting the Speedo Zebra Haze.
- Team suits are encouraged but **not** required
- T shirt orders will be taken during our registration dates and will arrive in June (we will not be able to accept late orders, so order early to make sure you get one!)
- If you are planning on trying on suits, please wear an old suit to wear underneath

Make it official – sign up!! (and bring your checkbook!)

Mark your calendars!

- Sunday, May 1st 4:00-6:00
- Sunday, May 22nd 4:00-6:00

We will be at the HHRC clubhouse. Any volunteers to help with registration would be greatly appreciated. Let Dana or Meg know if you can help.

*Please note that SKS will be at HHRC on both registration dates for suit and goggle fitting.

Registration fees

For HHRC members:

- 1st swimmer \$90
- 2nd swimmer \$80
- 3rd or more swimmers \$75 each

Senior swimmer discount: 50% off the highest fee. (\$45) This discount is for swimmers 16 and older who have been on the team 4 yrs. Senior discounted swimmers are handled separately and don't count in the tiered pricing above.

Practice Times

May 23-June 11

- 4:15-5:00 – 6 & unders, 7-8
- 5:00-6:00 – 9-10
- 6:00-7:00 – 11-12, 13-14, 15 & up

June 13-July 15

- 3:15-4:00 – 6 & unders, 7-8
- 4:00-5:00 – 9-10
- 5:00-6:00 – 11-12, 13-14, 15 & up

Morning practice will begin June 13 and is for swimmers ages 10 & up. Practice will be held from 8:55-10 am weekday mornings.



Meet the Coaches

Head Coach:

Kevin Straughn

Assistant Coaches:

Ana Lima Troy Morelli
Riley O'Dell Alex Werden

Junior Coaches: Aidan Marshall Philip Straughn

Meet Times

Weekday meets:

Home Team warm up @
4:00 PM
Visitor warm up @ 4:25
PM
Meet begins @ 5:00 PM

Saturday meets:

Home Team warm up @
8:00 AM
Visitor warm up @ 8:25
AM
Meet begins @ 9:00 AM

A Note from your 2011 Hurricane Coaches

We are excited for a great summer of Heritage Hills Swim Team! We have some fresh ideas and some fresh faces to welcome poolside this summer. To experience the Hurricane fun, join us at Meet the Coaches for some great ice cream and come to the first week of practice where we will play games such as Train Wreck and race wacky relays.
~The Coaches

2011 Hurricane Calendar at a Glance (revised May 2011)

May

5/1 – registration #1
5/22 – registration #2 & Meet the Coaches @ HHRC
5/23 – practice begins
5/27 – stroke clinic @ Homestead

6/18 – meet @ HHRC (v. FSAYM)
6/19 – stroke clinic @ Homestead
6/22 – meet @ TCST
6/24 – stroke clinic @ HHRC
6/25 – meet @ ChCCR
6/26 – Senior night (details to come later)

June

6/2 – Mock Meet @ HHRC
6/4 – meet @ HHRC (v. SVGCS)
6/8 – meet @ HHRC (v. EXCS)
6/9 – game night @ CC
6/11 – stroke clinic @ HHRC
6/12 – stroke clinic @ Homestead
6/13 – morning practice begins
6/15 – bowling night (details to come)
6/17 – stroke clinic @ HHRC

July

7/1 – stroke clinic @ Homestead
7/2 – stroke clinic @ HHRC
7/5 – meet @ HRH
7/10 – Wacky Relays @ Koury
7/14 – Psych Up Party @ HHRC
7/16 – Champs @ Koury
7/17 – team banquet @ HHRC

THURSDAY, June 2nd

Warm ups begin at 4:30pm

This is a great way to introduce the meet format to new swimmers and parents. Even if you've been a Hurricane for several summers, we need you – come join the fun!

Swim for Smiles

The Swim for Smiles Foundation is a non-profit foundation that raises money for the NC Children's Hospital through swim-oriented athletic events. Teams in the Chapel Hill Summer Swim

League raise money on behalf of Swim for Smiles. We're hoping to have a great HHCC showing for total money raised! The big event for Swim for Smiles and the swim league is the Wacky Relay day which will be held

July 10th at the Koury. It's a fun event, good for all ages and levels of swimmers! If you have any ideas on how we can raise money, please contact our liaison, Tiki Gwynne at hartshorntiki@hotmail.com or 967-9392.



HHCC needs YOU!

Summer swim team is a great deal of fun for both swimmers and parents. But it does require help from everyone – no free rides!

All families are expected to help at 3 swim meets. There are a wide variety of jobs to choose from, such as chaperone, timer, runner, place judge,

scorer, and clerk of course. Signups for swim meets will be online and you will get the link via email once the season has gotten underway.

The swim team also needs parent help to keep the team going. There are many ways you can help – large and small jobs are available! You don't

have to be a "veteran" to help...if you have the enthusiasm and a willingness to help the team, then you are a perfect fit. We need help with our social activities and especially with the season organizing committee. And if you can only commit to occasional help, that's great. Just let us know how you can help!

Acronym Cheat Sheet!

HHRC-Heritage Hills Recreation Club
 CC-Community Center
 EXSC-Exchange/Sunset Creek swim team
 FSAYM-Farm/Y-Meadowmont swim team
 TCST-Tennis Club swim team
 ChCCR-Chapel Hill Country Club/Ridgewood swim team
 HRHST-Hollow Rock/Hillsborough/Stoneridge swim team
 SVGC-Southern Village/Governor's Club swim team

Questions? Comments? Talk to us...

HHRC parent reps:

Dana Campbell
danavcampbell@gmail.com
 967-2138 or 270-2195

Meg Cohen
mcohen@unch.unc.edu
 933-1399

Community Center parent rep:

Lynne Bresler
vaughts@juno.com
 929-8363

**Heritage Hills
Recreation Club**

621 Yorktown Drive
Chapel Hill, NC
27514

Pool number:
919-968-9597

Website:
www.hhrccswim.org

Suits and swim caps

Female suits--\$49.50

Male suits--\$35.50

Latex caps--\$4

Silicone caps--\$12

Goggles – varies by type

**offered only during our
registration dates**

Price List

T Shirts

Youth Small-Adult XL – \$13

2XL--\$14

3XL--\$15.50

4XL--\$17

**We're going back to our bright green t shirts
again – go Hurricanes!**

Front of t shirt:



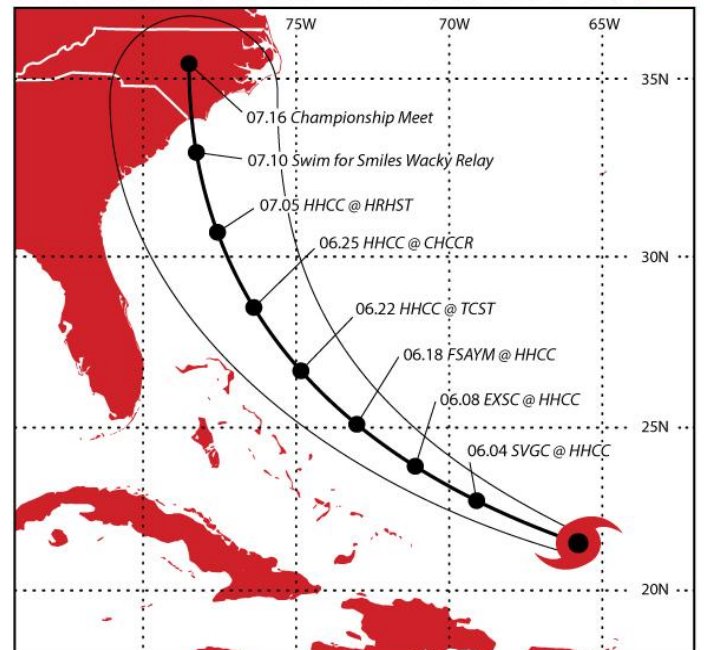
Swim Team

2011

Back of t shirt:

Show your
Hurricane Spirit
and purchase a
t -shirt!

HURRICANE WARNING!



From the HHCC HURRICANE CENTER: 2011 Swim Meet Schedule