



# ***STREAMLINE***

April 2016

## **Save the Date**

# **Highland Hurricanes Beat the Heat Summer Invite**

## **June 17-19**

**Parent Participation at this event is crucial to its success.  
Learn more about the parent participation requirements during registration.**

## **Thanks for a great season! Looking forward to summer!**

Thank you to the parents and swimmers for making the fall/winter season a special one. It was great to see the hard work and commitment of the swimmers pay off with best times, new divisional and state cuts and a solid showing at all three post-season swim meets. There is no doubt if the swimmers keep working hard and supporting each other the team will continue to get stronger.

It was also nice to see the swim team come together to help an organization in need through last year's swim-a-thon. HHSC donated \$1,000 plus \$500 in supplies to the Fair Haven Center for Women.

These are just some of the reasons we are so excited about the future of Highland swimming. But to continue growing we need the support of parents. Bringing sponsors, referring friends, participating at all home meets and special events as well as attending open board meetings will ensure a strong club well into the future.

We did experience an increase in attendance at open board meetings this past year...so thank you to those who came out to have their voices heard.

With the summer season just a couple weeks away,

parents may be wondering how their swimmers should spend their newfound free time. Here are a couple tips which allow swimmers to enjoy a much-needed break, but maintain their fitness, reduce the chance for injury and stay healthy:

- Spend 30 minutes a day on stretching and mobility work to provide flexibility to major muscle groups.
- Strengthen weak links in the body to improve performance and prevent potential injuries.
- Nutrition is one of the most important things to watch during the offseason. It is: simple: more calories consumed and less calories burned (due to no swimming practice) is a sure-fire recipe for weight gain.
- Sleep, sleep, sleep. Even during the season, this is so important because it helps the body recover and perform at a high level. Focus on getting eight to nine hours of sleep a night. Also, an hour before bed, turn off the television, computer screens, iPads and everything else that prevents you from falling asleep.

Visit [www.usaswimming.org](http://www.usaswimming.org) for more great tips. Thanks again for a great season.

**HHSC Coaches and Board of Directors**

**Story idea? Feedback? Questions? Send ideas to [vicepresident@highlandhurricanes.net](mailto:vicepresident@highlandhurricanes.net)**



HHSC swimmers get a break from the competition by having some fun dressing up as their favorite Star Wars characters at the Munster 10 and under spectacular.

## Avoid the Lines; Online Registration Underway

Parents of returning swimmers are highly-encouraged to register online. This will save you time during the registration process as there is a good chance there will be an increase in new swimmers joining the Highland Hurricanes this summer. By taking advantage of the easy-to-use, online registration process at [www.highlandhurricanes.net](http://www.highlandhurricanes.net), you will only need to bring in your signed paperwork and payment to your swimmer's first day.

As the club has strictly enforced the past few seasons, no swimmer will be allowed in the pool until all paperwork is submitted.

Onsite registration will take place Wednesdays, April 6 and 13 as well as during the first week of practice from 5:30 to 7 p.m. at the Highland High School Natatorium. The season begins Monday, April 18 for current members and April 20 for new members.

## Refer-a-Friend, Bring-a-Sponsor programs help you save money

During the registration period for any season, members are encourage to refer others to our club. New members should mention your name at the time of registration in order for you to be eligible for the member incentive.

Members making the referral will receive \$50 towards their HHSC account at the end of the season as long as the member being referred is in good standing with and still a member of HHSC.

Also, members who bring a new monetary sponsor (Gold, Silver or Bronze Level) to HHSC will receive 20% of the sponsorship amount applied to their HHSC account.

## Three members elected to HHSC Board of Directors

Please welcome:  
**Angi Briggs**  
(Vice-President)

**Stephanie Bantsolas**  
(Treasurer)

**Tim Evilsizor**  
(Meet Director)

They join:  
**Jim Stange** (President)  
**Jen Dross** (Secretary)  
**AnnMarie Keene**  
(Hospitality Chair)  
**Shannon Davis**  
(Social and Fundraising Chair)

Thank you to  
**Kevin Rose,**  
**Carolyn Dildine**  
**Doug Rassel**

for serving on the board.