

Thursday - July 8th
Home Meet VS Woodside

Arrive 3:45
 Warm-up: 4:00
 Meet start: 5:00



HEART BEAT

CONCESSION DONATIONS

Heart of the Hills provides a concession stand at every home swim meet. Each family from the swim team are asked to participate by providing a donation (see below). Our final *home* swim meet is Thursday, July 8th against Woodside!! The concession donations of pop, sports drinks, or water can be dropped off with the front desk to be put in the shed a few days before the meet. Please write your last name on the package for swim team concessions. Cut-up fruit or baked goods and snacks can be dropped off the day of the meet anytime after warm-ups start. The break down for donations are as follows:

Questions regarding concessions can be directed to Chris Johnson: 248-420-2496

Our Hearts Beat for Special Olympics!

Each year the NSSL (our swim league) donates money to the Special Olympics. Each member club hosts fund raisers to raise money for their part of the donation. This year, Heart of the Hills is going to decorate the club with Hearts. Each Heart will cost \$1.00, and your (or your swimmer's) name will go on the heart. So, **bring your dollars** to the spirit party on **July 8th**, and let's paint the club red with Special Olympics Hearts!!!!

LAST NAME	Donation for July 8TH Meet
A - E	Cut up fruit in a gallon size bag, bananas, Apples
F - J	Granola bars, snacks, baked cookies in small packages
K - M	Case of Water
N - R	Sports drinks. (Gatorade, Propel, Powerade, any flavors)
S - V	Diet Coke, Coke, Sprite
W - Z	Other pop, lemonades, iced tea

Swim & Tennis CAMP-OUT!!! July 9th

It is time for the annual Camp-out. This time, the Tennis team has been invited to join us—let's show them how it is done!!!

Sign up on the swim team board. Cost: \$3 per person for Pizza, breadsticks & drinks Friday night and Bagels and Coffee in the morning! Bring a salad or dessert to pass.

EVERY CHILD (ANY AGE) MUST BE ACCOMPANIED BY AN ADULT TO STAY OVERNIGHT!!!

- Tent decorating contest** – This year's theme is Cartoon Characters
- Dinner** - Please bring a salad or dessert to pass. Pizza, breadsticks and drinks provided.
- Games** - Penny dive and relay races with the coaches
- Skits** - Prizes awarded to the best individual or group. Start rehearsing now!

Campfire, smores and more...

Tent set-up starts at 6:00pm

SCHEDULE OF EVENTS

Mark you calendar!

- July 6th - B-Finals Program Artwork Due
- July 8th, 5:30p.m. - Woodside @ HHSC Swim meet
- July 11th A & B Finals T-shirt orders due
- July 12th, 6:00p.m. -Swim meet @ Beechview
- July 16th Payment due for Waterpark Outing
- July 17th - B Finals @ Waterford Mott (hosted by HHSC)
- July 24 & 25 - A Finals @ Beechwood
- July 25th, 6:00 p.m. - Banquet at Royal Park Hotel
- July 26th, 11a.m. - 3p.m. Waterpark Outing



B-FINALS-Program Cover Art Contest - New Information!

Attention Heart Swimmers!!

Do you have artistic talents that you would like to share? Would you like to see your work on the cover of the B-Finals swim program? Consider entering the B-Finals Program cover contest.

Submissions need to be black and white computer generated or a hand-drawn 7 1/2 x 10 hard copy.

Hand-drawn pieces need to be done in black ink or black marker, no pencil.

Information to be included in your submission:

2010 N.S.S.L. B-Finals Championship Swim Meet

Saturday, July 17th

Waterford Mott High School

Hosted by Heart of the Hills Swim Club

Cover Designed By: Your Name Here

Picture or Pictures Representing Swimming

Email your artwork to JeanetteJordan@me.com or put your work in the B-Finals Box at the front desk by **1:00pm on July 7th**. No late entries accepted. The winner will be announced by July 10th. Prize: \$10 gift card and your work published on the cover of the B-Finals program. Winner will be selected by a non-swim team club member.



Swim with Olympians!

The Fitter and Faster tour is coming to Oakland University once again. This is your chance to swim and get instructions from Olympians. Click the following link for more information and to register today!

[http://
www.swimchampions
.com/detail/rochester-
mi/](http://www.swimchampions.com/detail/rochester-mi/)

Happy Ads and Business Ads for B-Finals Support your swimmer and/or Promote your Business!!!



As you are aware the B Finals Championship Meet is quickly approaching! As the **hosting team** we are responsible for producing a program to be sold at B Finals. The advertising we sell for the program helps pay for the program. The more ads we are able to sell the more PROFIT we make from the sale of the program itself! At \$4 a program we can do fairly well if the advertisements cover our printing costs.

WHAT CAN YOU DO???

First, **Buy \$5 HAPPY AD** cheering on your Swimmer, your Swimmer's Buddy or show your Heart spirit.
Second, **consider advertising your business or ask a business you frequent to support our team, the league or the healthy sport of summer swim by buying a business card size, 1/4, 1/2 or full page advertisement (cost \$10- \$50)**

The rewards.... Exposure to over 950 swimmers and their 2500+ spectators!

Help build our profit from B Finals as this is our last year hosting!

Any family selling \$50 in advertising will get a free \$5 Happy Ad!

The links below will connect you to the forms and gives the details on costs for advertising and deadlines. We are asking for **business ads** by **July 8th** and **Happy Ads** by **July 13th**. Print the form and drop off payment and black and white copy to HHSC attention Jeanette Jordan.

http://hhscswim.org/_docs/b_finals_ad_packet_2010.pdf

http://hhscswim.org/_docs/2010_bfinals_happy_ads.pdf

Swim Meet Results

Cranbrook: 318
 HHSC: 248
 Nice swim by everyone!!
 We'll get them next year!!

Save the Date!

The HHSC End of the Season Banquet, Sunday, July 25th, 6-10pm (yes, this is the same day as A-finals!)
 Royal Park Hotel, \$20/person
 cash bar available



Swim Team Stroke Clinics

Need help with your breast stroke? How's your Butterfly? Maybe you could cut some time by working on your turns.... sounds like you need a swim clinic! The swim team clinics for strokes, starts and turns are now available for sign up on the swim team board!! The cost is \$30 for a 4-day clinic, Monday - Thursday. Hurry! Slots are filling fast!

Sign up on the swim team board!!



Sign up for the Team Waterpark Outing!

The end of season Swim Team Water park Outing will be held on Monday July 26th from 11 am - 3p.m. at Waterford Oaks Water park. Group rate is \$5 per person. Payment must be made by July 16th. Details are on the swim board. Contact Deb Silver if you need any additional information.

PRACTICE SCHEDULE

Barracudas

6:30 - 8 a.m. - Swimming

8 - 8:20 a.m. - Drylands

Sharks

7:40 - 8 a.m. - Drylands

8 - 9 a.m. - Swimming



Marlins

9 - 10 a.m. - Swimming

Dolphins (8 & unders)

10 - 10:45 a.m. - Swimming

There will be NO DRY LANDS on Fridays. This time is reserved for parents to share team improvement ideas with Coach PK.

Parents of 10 & Under swimmers



It is your responsibility to get your kids to marshalling 6 events prior to their scheduled event. The marshallers should not have to come looking for your child. Also, please do not let your kids swim or play in the shallow end of the pool. This is reserved for older swimmers for warm-up and cool down. Your swimmers should be resting or cheering

B-Finals URGENT REQUEST FOR VOLUNTEERS, PLEASE RESPOND ASAP

HHSC is hosting the NSSL B Finals Swim meet July 17th at Waterford Mott HS. This is a fundraiser for the entire HHSC community. All monies go toward improvements to the club that benefit ALL members. The recent resurfacing of the tennis and basketball courts was the direct effect of fundraising efforts from B finals last year. In recent history this fundraising event has been manned by swim team members and parents, but this year, our last year to host this event, we do not have enough people. While many swim team families are working this meet, we are in desperate need to fill positions in order to run a smooth event. WE NEED YOUR HELP. WE NEED THE HELP OF TENNIS TEAM MEMBERS AND SOCIAL MEMBERS! High School students are welcome. All volunteers must be preregistered!

Check the volunteer opportunities below **and** contact either Pat Krause at krausejeffpat@aol.com or Karen Hunstad at kmhunstad@gmail.com to sign up. We will need to confirm all positions by July 14-15th.

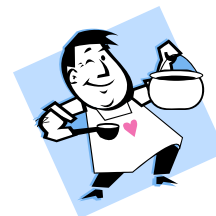
JULY 17 AM session, 7-12noon (roughly, the chair will contact you with a report time)

8-10 additional volunteers needed

JULY 17 PM session, 11:30-5 (roughly, the chair will contact you with a report time)

10-12 additional volunteers needed

Singers Needed to perform the National Anthem for both sessions!



Championship T-shirts



Order your A & B finals NSSL championship t-shirts today. Remember, A & B finals shirts are EXACTLY the same, however our club gets the proceeds for all shirts ordered through B-finals! So, use the order form on the HHSC website:

http://hhscswim.org/_docs/2010_tshirt_order_form.pdf

Shirts can be purchased at B-finals or pre-ordered by July 11th and ready for pickup at B-finals. Personalized shirts are available for orders placed before **July 11th** (\$5 additional)!

B-Finals Concessions Donations

All HHSC members

We need your help in making the NSSL B-Finals a success!

This is the last year HHSC is hosting the Northwest Suburban Swim League (NSSL) B-Finals at Waterford Mott High School. **EVERY** swim team and non-swim team family from Heart of the Hills is asked to contribute to the B-Finals meet. This is the only fundraising event for our club this year. Revenue from past B-Final events has helped fund the tennis/basketball court project, deck seating and lane lines. Even if you do not have a swimmer at the meet or on the team, we need your donation! Last year we fed and provided drinks to well over a hundred volunteers, coaches and officials for 10+hours. Items are welcomed and needed prior to the **July 17th** event.

Donations are to be dropped off at Heart of the Hills on Wednesday, July 7th between 7:30-10:15 am in the HHSC parking lot. Other drop of days will be Wednesday, July 14th and Thursday July 15th between 7:30-10:15 am in the HHSC parking lot. Look for us and we will load it from your car to ours! Please **label** your donation with your **last name**, so we can acknowledge your contribution. The donated items will be used for the coaches (from 13 teams in the league), meals for the officials and some will be sold as concessions.

NOT GOING TO BE HERE? We will take it earlier! Drop it off at Kate Corsetti's house, 725 Campus. You may also bring your donation to HHSC beginning July 6th and please mark it "B Finals".

DON'T HAVE TIME TO SHOP BUT WOULD LIKE TO MAKE A CASH DONATION? We will gladly accept cash donations of \$5-\$10 to help pay for the items we need. See Mary Sue Yazbeck or Kate Corsetti with your contribution.

The following is the alphabetical listing based on last name of what we need:

A-E Individually packaged snacks such as granola bars, cheez-its, trail mix, dried fruit (easy to eat and not messy!)

F-H Regular Pop 12pk, 12 oz cans

I-L Diet Pop-12 pk, 12 oz cans

M-R Sports Drinks (Gatorade, etc.): 8-12 pack any flavor

S-T Case of Water, 24-36 pack

V-W Dessert/Baked Goods

Y-Z Large size Bag of Chips/Pretzels any variety (3 Bags)

Thank you for your support and assistance! Once again, the funds raised from this event are used to improve HHSC. Every HHSC member enjoys the benefits from this fundraising event. If you have any questions, please contact MYazbeck@comcast.net or JFP725@Gmail.com. Anyone who has coolers or tubs to keep the drinks cold that we can use for the day of July 17th, please let us know.

*****HEART BEAT Newsletter - SPECIAL NOTE*****

Please look for regular formatting of the Heart Beat when our Newsletter Chair, Denise Shaw returns home from vacation. Thank you for all your hard work, Denise!!!

The Heart Beat is looking for PICTURES!! If you have taken any good pictures of your child at a practice or meet and would like to see it in the Heart Beat, please forward your submissions to Denise Shaw at daddyshaw@wideopenwest.com

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