

February 26, 2010

Dear Orchard Hills Member,

As Orchard Hills prepares to open its sixteenth season, I am writing to provide information regarding the 2010 outdoor Aquatics Program. ***Please take time to review this information in its entirety as exciting new programs have been added to the upcoming summer season!***

This summer, the Orchard Hills Swim Team will once again run under the direction of **Kathy Swieter**, leading the team for her fourteenth year! We are very fortunate to have Kathy's experience lead our team! At Orchard Hills, we recognize that our swim team remains in high demand. In an effort to maintain the quality and value that is defined by timely practices and well-organized swim meets, Orchard Hills will once again cap the Swim Team at 200 participants. The 2010 Swim Team season will span the following six-week period: **Monday, June 14 – Friday, July 23, 2010.**

In addition to her role as Head Coach of the swim team, Kathy will again work closely with her experienced coaching staff on this season's **Competitive Training Series** as well as act as the sole instructor for the **NEW Competitive Advantage** classes. *Please review the latter half of this letter which will explain, in detail, the focus areas of this season's Competitive Training Series as well as outline the Competitive Advantage classes.*

With regard to the 2010 Orchard Hills Competitive Swim Team, please closely review the following registration information. The Swim Team cost will run at \$115 per swimmer. ***NEW this season, order forms for team suits, t-shirts, sweatshirts, and goggles have been included with this letter and these pieces will be available at the EAST HILLS WELCOME CENTER on Monday, March 15th for try-on and order form completion.***

RETURNING SWIMMERS

- Registration for *returning swimmers* will begin on **Tuesday, April 13, 2010 at 7:30 A.M.** *A returning swimmer is defined as one who has been on the OHSS Swim Team at any time in the previous years.*
- **ALL** registrations will be taken **ONLY** by voicemail recording at 224-5444, extension 222. Registration calls will be returned in the order they are received. *No prior phone calls or registrations, please.*

NEW SWIMMERS

- Registration for *new swimmers* will begin on **Wednesday, April 28, 2010 at 7:30 A.M.** **ALL registrations will be taken ONLY** by voicemail recording at 224-5444, extension 222. Registration calls will be returned in the order they are received. *No prior phone calls or registrations, please.*
- **Prior to registration, all new swimmers will be required to complete a try-out** where proper placement – for example: Swim Team or Swim Lessons – will be recommended. ***Try-outs are conducted to ensure that all swimmers with interest in the team are safe in the water.***
- ***All try-outs will be scheduled by the Aquatics Director beginning Thursday, April 1, 2010.*** Please contact Holly Provost via email: hprovost@ehac.com, or phone: 616-224-5444, EXT. 203, to schedule your try-out.
- Try-outs will take place on the following dates only:

<u>Date</u>	<u>Time</u>	<u>Coach</u>
Saturday, April 17	1:00 PM – 3:00 PM	Amy Hilzey: <i>Please call Holly to schedule your try-out.</i>
Monday, April 19	3:00 PM – 5:00 PM	Holly Provost: <i>Please call Holly to schedule your try-out.</i>
Thursday, April 22	6:00 PM – 7:30 PM	Amy Hilzey: <i>Please call Holly to schedule your try-out.</i>
Saturday, April 27	1:00 PM – 3:00 PM	Amy Hilzey: <i>Please call Holly to schedule your try-out.</i>
- **A successful try-out does not result in automatic OHSS Swim Team placement.** Pending availability in the desired program, new swimmers may register on Wednesday, April 28, 2010 at 7:30 AM.

2010 ORCHARD HILLS SWIM TEAM SCHEDULE

(TIMES TENTATIVE)

<u>DATE</u>	<u>LOCATION/OPPONENT</u>	<u>WARM-UP</u>	<u>START TIME</u>
Friday, June 18	Sunnybrook @ Orchard Hills	8:15 AM	9:00 AM
Friday, June 25	Calvin @ Orchard Hills	8:15 AM	9:00 AM
Tuesday, June 29	Orchard Hills @ Centennial	8:15 AM	9:00 AM
Friday, July 9	Orchard Hills @ Watermark	8:15 AM	9:00 AM
Friday, July 16	Orchard Hills @ Stonewater	8:15 AM	9:00 AM
Friday, July 23	FINALS MEET @ Orchard Hills	8:00 AM	9:00 AM
		(10 AND UNDER AGE GROUP)	
		12:00 PM	1:00 PM
		(11 AND OLDER AGE GROUP)	

JUST IN CASE YOU WERE WONDERING...

Please note that the 2010 Swim Meet schedule is subject to change.

Any changes will likely be addressed at the 2010 Swim Team Parent Meeting.

This season, we are pleased to welcome the Sunnybrook summer swim team to this season's competitive league!

PARENT MEETING

WHO

Hosted by Kathy Swieter, Holly Provost, and the Orchard Hills Competitive Coaching Staff!

WHAT

An informational, *whole-group* meeting highlighting the 2010 Summer Swim Season!

Parents and swimmers **REGISTERED** for the OHSS Swim Team are encouraged to attend.

WHEN

Wednesday, May 5, 2010
6:30 P.M.

WHERE

East Hills Multi-Purpose Gymnasium
(Outside of the Tube Room)

WHY

During this meeting, parents and swimmers **REGISTERED** for the OHSS Swim Team will hear from Kathy Swieter regarding the 2010 summer season.

ORCHARD HILLS GEAR

TEAM SWIMSUITS

Following the Parent Meeting on Wednesday, May 5th, Susan Richards and her team from the Pro Shop will be available to assist with the try-on and order of competitive team suits.

After May 5th, team suits will remain available for one week at the EHAC Welcome Center for try-on.

OHSS T-SHIRTS, SWEATSHIRTS, & NEW TEAM ITEMS

Sample items including logo t-shirts and sweatshirts, will also be available for try-on and order at the May 5th Parent Meeting.

These additional items will also remain available for one week at the EHAC Welcome Center for try-on. Order forms for all Orchard Hill swim team suits and apparel will also remain available at the EHAC Welcome Center.

ALL ORDER FORMS MUST BE COMPLETED AND RETURNED TO THE EHAC WELCOME CENTER BY FRIDAY, MAY 14th, 2010.

Thank you for your time in reviewing this important Swim Team information. In the page that follows, both the **2010 Competitive Training Series** and **Competitive Advantage** Classes are highlighted. Stay tuned for your 2010 Summer Program Guide, arriving in April, for further information regarding these programs and several others including group and private swim lessons available at all three club locations. At Orchard Hills, we are looking forward to another fantastic summer season!

2010 ORCHARD HILLS COMPETITIVE TRAINING SERIES

COMPETITIVE TRAINING OPTIONS

Training Sessions Run 45 Minutes: 10:10 am - 10:55 am

Session 120	Competitive Starts and Turns
Session 34	Stroke Refinement: Drills and Efficiency
Session 56	Competitive Starts and Turns

COMPETITIVE TRAINING SESSIONS AND DATES

Each Training Session Runs Three Days/Week (M, W, TH) for Two Weeks

Session 120	June 14, 16, 17, 21, 23, 24	(Monday, Wednesday, Thursday)
Session 34	June 28, 30 and July 1, 5, 7, 8	(Monday, Wednesday, Thursday)
Session 56	July 12, 14, 15, 19, 21, 22	(Monday, Wednesday, Thursday)

COMPETITIVE TRAINING SESSION PRICING

	<i>Super</i>	<i>Member</i>	<i>NM</i>
<i>Sessions 120, 34, 56</i>	\$68	\$75	\$95

* NEW * 2010 ORCHARD HILLS COMPETITIVE ADVANTAGE CLINICS

PROGRAM DESCRIPTION:

Training Sessions Run 90 Minutes: 8:30 AM – 10:00 AM

NEW this season, Orchard Hills will run three, separate swim clinics following the completion of the summer swim team. Each clinic will reach its audience by providing fundamental knowledge of the sport of swimming as well as focused instruction on stroke technique and increased endurance. Under the motivated and disciplined guidance of **Kathy Swieter**, swimmers will enjoy working out in the beautiful outdoor pool at Orchard Hills during the peaceful morning hours.

*Each clinic is targeted to a specific audience and may be the ideal placement for you or your swimmer. Whether you have a child who is preparing for a school swim team (Session 78), simply deciding if swimming is his/her sport of choice (Session 910), or looking for a small group setting in which to gain exercise tips and a training regime (Session 11), Kathy will be sure to provide what is needed within each session. **Please note that each clinic is open to both pool members as well as non-members with an interest in swimming competitively and for exercise.***

COMPETITIVE ADVANTAGE SESSIONS AND DATES

Each Training Session Runs 90-Minutes: 8:30 AM - 10:00 AM

Session 78	July 26, 27, 28, 29 and August 2, 3, 4, 5	(Monday - Thursday: 8 Classes)
Session 910	August 9, 10, 11, 12, 16, 17, 18, 19	(Monday - Thursday: 8 Classes)
Session 11	August 23, 24, 25, 26, 27	(Monday - Friday: 5 Classes)

COMPETITIVE TRAINING SESSION PRICING

	<i>Super</i>	<i>Member</i>	<i>NM</i>
<i>Sessions 78, 910</i>	\$99	\$110	\$138
<i>Session 11</i>	\$62	\$69	\$86

I look forward to seeing you at the pool this summer!

Sincerely,

Holly Provost, Aquatics Director * hprovost@ehac.com * 616.224.5444, EXT. 203