

# Razorback Aquatic Club AquaHawgs

August 23rd, 2013



## News & Notes

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### Tryouts Recap

This week's team tryouts went extremely well. Over 110 potential AquaHawgs hit the water over the course of Tuesday, Wednesday, and Thursday with 1/3 of them already having registered for the competitive team. That number doesn't count the swimmers that have

joined the upcoming session of swim school. It looks as though this year will be the biggest in AquaHawg history, after a recordbreaking 2012-2013 season.

Thanks to all those who helped spread the word to make the tryout session a success.

If you know someone who

wants to be a part of the team but couldn't make tryouts, have them e-mail Coach White at [coachwhite@aquahawgs.org](mailto:coachwhite@aquahawgs.org).

### Upcoming Events:

- Aug 26<sup>th</sup>  
Jr/Sr Hawg Practice Resumes
- Sept 1  
Night At The Mill
- Sept 3  
Hawg/Rookie Practice Resumes
- Sept 9  
Team Outfitting Day
- Sept 28  
Intrasquad Meet

### First Day of Practice

Practice will begin for Junior Hawgs (1 and 2) and Senior Hawgs (1 and 2) this Monday. Practice will be Monday-Friday from 5:00-7:00. Both the Rogers Aquatic Center and Mount Sequoyah will be offering Junior Hawg & Senior Hawg practices each day; attend whichever pool is most convenient for you.

Practice for Rookie Hawgs & Hawgs will begin on the week of September 2<sup>nd</sup>. There will be no practice for ANY group on Monday, September 2<sup>nd</sup> (Labor Day). Regular practice schedules will start on Tuesday.

All Fayetteville practices will be held at Mount Sequoyah (Not the HPER) starting September 2<sup>nd</sup> for as long as we have good weather. When the weather gets too mild, we'll shift indoors to the HPER facility at the University of Arkansas.



## Team Registration

If you haven't already done so, please register for the upcoming swim season. All Coaches, Officials, Board Members and Athletes should register for the upcoming season. The registration fee is \$100 per athlete. There is no fee for Officials, Board Members and Coaches.

To register, follow this link:  
[http://www.teamunify.com/MemRegStart.jsp?team=arracah&event\\_id=0](http://www.teamunify.com/MemRegStart.jsp?team=arracah&event_id=0) or go to

[www.aquahawgs.org](http://www.aquahawgs.org) and select "Swim Team Registration" on the home page.

Please verify that all of your information is correct (especially cell phone numbers if you want to receive text messages for last minute practice changes). Also make sure that your swimmers' t-shirt sizes are accurate. You will e-sign documents, then check out and pay with a credit or debit card.

Although we will have two groups of Junior Hawgs and two groups of Senior Hawgs, you will simply choose Junior Hawgs or Senior Hawgs at registration.

If you have questions or need additional information, please contact Amy May at [amy.swimteam@yahoo.com](mailto:amy.swimteam@yahoo.com).

George Glover's long course 50FL at Central Zones was faster than his short course 50FR at the start of this season. What improvement!

## A Night at the Mill

Our first annual "A Night at the Mill," set for Sunday, September 1<sup>st</sup> at James at the Mill, is really starting to take off. Some really amazing items have been donated to the event including:

- A Hawaiian condo for a week
- \$2,000 gift certificate for orthodontics
- Private dinner party for 8 given by Executive Chef Miles James @ James at the Mill
- Telescope
- \$250 certificate at the

Bike Route in Fayetteville

- Original Art work
- Pilates/Yoga Package
- Ozark Dermatology Package
- Outdoor Camping Package
- Swim Lessons with Coach White

These items and more will be part of an auction (both a live auction and a silent auction will happen). If you want to be a part of this event, get your tickets now at: <https://aquahawgs.ticket>

[bud.com/a-night-at-the-mill](http://bud.com/a-night-at-the-mill)

The proceeds for this event will directly fund our capital campaign project, with the goal to expand our facilities.

If you have an item you'd like to donate, contact Aaron Thomas at [AThomas@acosta.com](mailto:AThomas@acosta.com)

## Team Outfitting

It's time again for our fall team outfitting. This is the time for swimmers to purchase new, or replace old swim gear and apparel at discounted prices. This year's team outfitting will take place at the Jones Center on Monday, September 9 at 4:00-8:00 p.m. We have made arrangements with The Starting Block to setup shop at the Jones Center for one day

only. Several apparel items such as our team swim suits, warm-up suits and parkas will be special order only; however sample items will be available for you to try on for size. Several other swim related items such as backpacks, equipment bags, goggles, fins, kick boards and swim caps will be available for purchase at the outfitting. The recommended practice

equipment for each group is:

**Rookies**-Fins, kickboard

**Hawks** - fins, kickboard

**Junior Hawks** - fins, kickboard, pull buoy, paddles

**Senior Hawks** - fins, kickboard, pull buoy, paddles, snorkel, tennis balls

## Dryland Schedule

After the success with our dryland trainers this summer, we've decided to continue our varied workout schedule by continuing our yoga & strength training.

Yoga will be offered on Wednesdays at the Jones Center, led by Susy Mateos. This will be for

the Hawks, Junior Hawks, and Senior Hawks. If your swimmer has a mat, please have them bring it.

Strength training will be offered on Fridays at the Jones Center, led by Holly Glover. This too will be for the Hawks, Junior Hawks, and Senior Hawks.

Note: On Wednesdays and Fridays that specialists are offered, the Junior II swimmers should arrive at the same time as the Senior I swimmers.

Paris James went from ranked #4292 nationally for her age group in the short course season to #1416 in the nation this summer.

## Fitter and Faster Tour

Don't forget to sign up for the Fitter & Faster Tour, featuring Olympians Davis Tarwater and Lauren Perdue. This clinic will be at the Jones Center on November 2 and is limited to the first 120 swimmers so register now to reserve your spot. If you haven't

seen the custom made video for our event yet, check it out here and sign up for the clinic:

<http://fitterandfaster.com/swim-clinics/springdale-ar/>



## AquaHawgs Masters Group



The AquaHawgs Masters swim group will resume practice on Wednesday, September 4<sup>th</sup> at the Jones Center. As we did this summer, practices will be coached by Coach White and will run from 5:30-7:00AM on Monday, Wednesday, and Friday

mornings.

For those interested, please e-mail Coach White and he'll go through the registration process with you.

## First Meet of the Season

Our first meet is in just over a month and will be held at the Jones Center. This year, the "Mock Meet" will be replaced by a pentathlon. Swimmers will swim 50s of each stroke (25s for some of our developing 10-unders) and the 100IM. The meet will be run as an official time trial meet, meaning the times count and can be used throughout the season. The meet will take place on Saturday, September 28<sup>th</sup>. Warmups will begin at 8:00A, with the meet starting at 8:40 and running until about 10:30.

This meet will be for Rookie Hawgs, Hawgs, Junior Hawgs (I & II), and

Senior Hawgs (I & II). It is highly recommended for all our new swimmers.

To register for the swim meet, log on to the team website and go to the Meets tab or look for the shortcut at the bottom of the screen. From the Edit Commitment button, declare your swimmer as attending or not attending. If your child is not attending the meet, it is important that you declare them as not going instead of just not clicking anything.

If you have trouble with the logon process or the meet signup process, please contact Coach White.

### RAC AQUAHAWGS

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#### Website:

[www.aquahawgs.org](http://www.aquahawgs.org)

#### Twitter:

[@aquahawgs](https://twitter.com/aquahawgs)

#### Facebook:

[Facebook.com/aquahawgs](https://facebook.com/aquahawgs)

#### Instagram:

[@aquahawgs](https://www.instagram.com/aquahawgs)

#### Contact the Coaches

[E-mail Coach Berry](mailto:CoachBerry@aquahawgs.org)

[E-mail Coach White](mailto:CoachWhite@aquahawgs.org)