



## **GROSSE POINTE HUNT CLUB SWIM TEAM & POOL NEWS 2009**

Welcome to the summer of **2009**! I am looking forward to my seventh summer of fun at the Grosse Pointe Hunt Club. Everyone 17 years and younger is invited to join the swim team. For the entire summer, you will swim the age you are as of **May 31, 2009**.



We anticipate that the swim team practice will begin after school on **Tuesday, May 26th**.  
\*The regular summer practice schedule will begin **Monday June 15th**.

\* If you haven't already, I encourage this year for all swim team members to purchase a team suit, cap (name on caps are an extra \$5.00), and team apparel. I would like all to show team unity by having matching uniforms.

### **2009 GPHC Swim Team Practice Schedule**

Beginning **Tuesday, May 26th - June 12th**:

Monday - Friday	4-5 p.m.	10-and-unders who can swim at least one length of the pool
Monday - Friday	5-6 p.m.	11 years and older

**\*Saturday a.m. practice begins June 20th.** (11 yrs. and older from 9:00-11:00 a.m. and 10-and-unders from 11:00 a.m.-12:00 p.m.)

\*If for some reason due to schedule conflicts your swimmer(s) cannot make their regular practice time, you may have them swim during the early or later practice time.

Until **June 12th only**, there will not be practice on afternoons that the air temperature is below 70°F. You can always call the pool office to confirm a practice schedule, (313) 885-7900.

**Summer practice schedule, beginning Monday, June 15th:**

Monday - Saturday	*9:00 a.m.- 11:00 a.m.	11 years and older
Monday - Saturday	11:00 a.m.- 12 noon	9-and-10 year olds & 8-and-unders
Monday- Friday	*12:30 p.m.- 1:00 p.m.	*Swim Clinic
*Afternoon practice: Tuesday and Thursday Only (if there is not a scheduled swim meet.)	4:00 p.m.- 5:00 p.m.  5:00 p.m.- 6:00 p.m.	10-and-unders who can swim at least one length of the pool  11 years and older

**\*New: Please make note of the day and time change.**

Coaches may shift swimmers around to different groups, depending on the size of each group. If your swimmer(s) cannot attend their regular practice hour, they can come to an earlier or later practice.

**\*Swim Clinics:**

Swim clinics are semi-private swim instruction, which emphasize one stroke each week, ending the final week with a quick tune-up for the finals, working on starts, turns, and finishes. In the past, clinics have proven to be very beneficial to swimmers of all ages and ability levels. Each swimmer will have the opportunity for individual stroke instruction each day, including stretching, dry land skills and in the water personal instruction. \*All clinics include start, turns and finishes for that stroke. Clinics will be held each week, Monday - Friday, rain or shine, from **12:30 p.m. to 1:00 p.m.** The clinics weekly schedule will be as follows:

June 15th-19th	Freestyle
June 22-26th	Backstroke
June 29th-July 3rd	Breaststroke
July 6th-10th	Butterfly
July 13th-17th	Starts, turns, and finishes

\*Each swimmer will be charged \$40 per weekly session, or \$10 per individual session. You do not have to be a swim team member to participate in swim clinics.

### **Private Swim Lessons:**

Private swim lessons will be arranged with the coaches. All beginner swimmers are encouraged to take private lessons to learn basic swimming and water safety skills. More advanced swimmers and team members are also encouraged to use this private instruction to learn and perfect all four strokes, flip turns, starts, etc.

Private lessons are **\$30** per half-hour of individual water instruction, one-on-one with the coach. \*If child requests one of the assistant coaches, cost will be **\$25** per half-hour and same payment plan will apply.

Children who are just beginning in the water are strongly encouraged to take private lessons to ensure their safety and enjoyment of the water. Again, you do not have to be a member of the swim team to take private lessons.

### **Age-group swim lessons:**

For beginners-intermediate swimmers or children not quite ready for the swim team.

Lessons will run every Monday and Wednesday for 5 weeks

Starting Monday June 15<sup>th</sup>-July 17<sup>th</sup>

1:00-1:30 p.m.

Please note-\*If class size max.'s more than 8 students, a second class will be added.

Cost: **\$95.00** per child

\*Make-ups will be scheduled on Fridays if bad weather interferes.

Please sign up in the Pool Office or with Coach Kapla



## **Developmental's:**

### **The "Sea Ponies"**

This program is offered for children 4 years and up who have a good amount of experience including being able to swim a length of freestyle and concepts of other strokes. This program concentrates on technique of strokes and gears the children either on the swim team or for those going toward joining the swim team by preparing them to be able to compete or improve in the swim meets. They will be able to participate in the exhibition heats of the Dual Meets and the 10 and under mini-meet when they are ready. This program will be offered on Monday, Wednesday and Friday's from 1:30 – 2:00 P.M. beginning in June 15th. \*For those not on the swim team, it is strongly suggested that the children attend every practice to help give them a concept of what the swim team practices are like.

\*Each swimmer will be charged \$25 per weekly session, or \$10 per individual session. You do not have to be a swim team member to participate in swim clinics.



## 2009 swim meet schedule



Thursday June 18	Oakland Hills @ GPHC
Tuesday June 23	Grosse Isle @ GPHC
Thursday June 25	Country Club of Detroit
Tuesday June 30	GPHC @ Plum Hollow
Tuesday July 7	GPHC @ Red Run
Thursday July 16	GPHC @ Dearborn
Friday July 17	DYC mini-meet (10-&-unders)
July 24, 25 & 26	MICSA Finals at Birmingham Athletic Club

All dual meets begin at 5:15 p.m.; swimmers should be ready to warm-up 4:00 p.m. sharp for home meets and 4:15 p.m. sharp for away meets!

Team suits, goggles, cap, towels, and warm-ups should be brought to all meets. Do not bring candy, gum, junk food, or radios. Meet line-ups will be posted at least one day before the meet. Decisions on placements in events are based on a swimmer's time, attendance and attitude.

It is my goal to be sure that every swimmer will have a chance to swim at least one event (exhibition or for points) every dual meet.

Parents must provide rides to away swim meets; directions will be available at the pool a few days prior to away meets. Following each meet is a complimentary dinner and dance until approximately 10 p.m. for all swimmers. Parents, families and guests are invited for hors d'oeuvres and dinner in the clubhouse by subscription.

The dress code for all swim meet dinners and dances is as follows: Girls are asked to wear a dress, skirt, dressy bermudas or pants. Boys are asked to wear a shirt with a collar, nice shorts or pants, and a belt.

Someone must be responsible for your child if you are unable to attend the dinner and dance. Celebrating successful efforts is commendable, but please encourage appropriate and sport-man-like behavior. Remember we are all representing the Grosse Pointe Hunt Club.

Please let the coaches know **as far in advance as possible** of your vacation plans or any other conflicts which will prevent your swimmer from attending a meet. Please try to take your family vacation in the month of August so that we can put our best efforts together as a team throughout the season.

## **Code of Conduct**

All swimmers are subject to the GPHC code of conduct during all practices and swim events. The GPHC staff, coaches and members believe strongly that high standards of appropriate conduct and citizenship are essential in maintaining a sound program and club. The health and welfare of our swimmers is the number one consideration. If any swimmer does not follow this code during a practice or swim event, parents will be notified.

## **Poster, Pasta, Pizza Parties**

On Monday evenings during the weeks of scheduled home swim meets, it is a GPHC tradition for team members and families to eat pizza, make posters, and build team spirit. P<sup>4</sup> will begin following team practice (TBA). For \$5 per person, come and help make posters for the upcoming meets. All family members and guests are welcome. The money raised will go to team projects.

## **ETC.**

- The date of swim team pictures, and individual or family photos, will be announced soon!
- Information about the MICSA Finals will be sent out as soon as we receive it in mid. July.
- \*Parents please sign up to help at the home swim meets. Your assistance is greatly appreciated by the coaches, swim team and club staff.

## **Pre-Season Party "Splash-up" and Post-Season "Splash-down" Party**

**Dates: "Splash-up" Friday June 12<sup>th</sup> and "Splash-down" Monday June 29<sup>th</sup>**

\*Shelly Vallan will be running these two fundraiser parties for the team.

-All are encouraged to participate and help!

-Times TBA.

-Please see her for additional information.





### GENERAL POOL INFORMATION

The pool will be open on the weekends, beginning **Saturday, May 23rd, 12:00 noon to 8:00 p.m.**, weather permitting. Weekdays starting **May 26<sup>th</sup>** the pool will be open from **3:00p.m. to 8 p.m.**, weather permitting. (\*Note swim team will be practicing from 4-6 p.m.) **Regular pool hours will begin Monday June 15, 12:00 noon to 8:00 p.m., Sunday through Saturday.** The pool will be closed during swim team practice, but we will open an adult lane if requested. On hot summer days we will keep one lane open for members to cool off also. The pool will close at **3 p.m.** on days of home swim meets.

- All members are required to sign in at the pool desk. Members are welcome to bring guests. Please sign them in as well.
- There is no eating or smoking allowed on the pool deck. Please keep food on the patio and picnic table area.
- A parent or adult must accompany young swimmers in the pool if they are under **6** years of age or not strong swimmers.
- Absolutely no plastic diapers are allowed in the pool. Children must wear the swimmer diapers.
- Please be sure that your family and guests know that they are responsible for keeping the locker room facilities tidy. The locker rooms will be cleaned every morning; it is our responsibility to keep them acceptable throughout the day. **\*Reminder: No riding shoes allowed in the pool locker rooms! Health Code Violation!**

\*Additional pool rules may be added in order to ensure the safety of all GPHC members and guests.

Saturday May 23-Monday May 25 <sup>th</sup> (Labor Day)	Pool Hours: 12 p.m.-8 p.m.
Tuesday May 26 <sup>th</sup> -Friday May 29 <sup>th</sup>	Pool Hours: 3 p.m.-8p.m. (*Please note swim practice is from 4-6 p.m.)
Saturday May 30 <sup>th</sup> and Sunday May 31 <sup>st</sup> & Saturday June 6 <sup>th</sup> and Sunday June 7 <sup>th</sup>	Pool Hours: 12 p.m.-8 p.m.
Monday June 1 <sup>st</sup> - Friday June 5 <sup>th</sup> & Monday June 8 <sup>th</sup> -Friday June 12 <sup>th</sup>	Pool Hours: 3 p.m.-8p.m. (*Please note swim practice is from 4-6 p.m.)
*Regular Pool Hours Begin Monday June 15 <sup>th</sup>	Daily Pool Hours: 12 p.m.- 8 p.m.

## **Information about your Coach...**

### Personal Swimming Experience:

- Swam competitively since the age of 8 years old for various teams such as the Grosse Pointe Woods Park, All Pointes Swim Club, Detroit Boat Club and Pointe Aquatics.
- Broke various records including a M.I.C.S.A. record in the 50 meter breaststroke at the age of 11 years old at the Detroit Golf Club.
- Swam for Grosse Pointe North High School and earned All-State and All-American status.
- Received a college scholarship to swim for Eastern Michigan University. Swam all 4 years at the Division I school. During this time established an All-Mid-American Conference top 12 rankings in the 100 yd. breaststroke, 50 free, 100 free, 200 medley relay, 200 free relay and 400 free relay.

### Coaching and Pool Management Experience:

- Started teaching lessons and coach first team at the age of 16 years old for the Grosse Pointe Woods Park.
- Lifeguard at the Grosse Pointe Woods Park, Lochmoor, and Eastern Michigan University.
- Assistant Coach over the years for Pointe Aquatics, Dexter swim team, Detroit Boat Club and the Detroit Golf Club.
- Head Pool Manager for the Detroit Golf Club 2000-2002.
- Head Coach for Chippewa Valley High School 2003-2006. Lead both the girls and boys teams to a Macomb Area Conference Championship.
- Trained Chippewa Valley's first state qualifier in swimming and helped him achieve a scholarship to swim for Wayne State University.
- Named the Macomb Area Conference Coach of the Year in 2003-2004 and in 2004-2005.
- Grosse Pointe Hunt Club Head Swim Coach and Pool Manager 2003-present.
- Updated American Red Cross certifications: Lifeguard Training, Lifeguard Training Instructor, Water Safety Instruction, AED, CPR and First Aid.

### Other:

- Bachelor degree from Eastern Michigan University.
- Masters of Arts in Teaching from Wayne State University (Kinesiology and Health).
- Main job*: Teach Physical Education at Chippewa Valley High School.
- Married to Scott Kapla, Assistant Principal at Lakeview High School.
- Two beautiful children: Sophia (Age 4) and Stanton (Age 1).
- Hobbies*: Like to run, swim, weight train, practice yoga and spend as much time possible with family and friends.

Please feel free to e-mail me with any questions or concerns. I look forward to meeting and working with all of you.

**LET'S GO HUNT CLUB!!!!**

Sincerely,

Suzette Atrasz-Kapla  
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