



# The Blaze

## Home Educated Aquatic Team

### November 28, 2005

#### Thanksgiving Pie Sale Update

Congratulations on a very successful Fund-Raiser! Swimmers from the four clubs raised over \$1000 for the CCAA with the Thanksgiving Pie Sale.

Swimmers selling five or more pies will soon receive a coupon for a free CCAA T-Shirt.

If anyone is interested in selling pies for Christmas, please let Miss Vicki know.

#### 6:00 PM Practice Group – Please Read

- 1) Start bringing sneakers and socks to workout – you'll need them for dryland program.
- 2) Swimmers should arrive to practice at least 15 minutes before practice begins if they would like to run a mile. Wear sneakers and socks, please. Stretching Exercises will be found posted between the rest rooms.
- 3) All 6:00 PM swimmers need to bring a check for \$21.00 made out to "CCCE Parents' Club" for the purchase of their Tempo Timers.
- 4) By now, almost all swimmers should have a water bottle and should be using it during practice. Fill it with either water or a diluted Gatorade.
- 5) 6:00 swimmers: Swimmers will begin using Zoomers this month. Swimmers need to bring a check for \$25 with their shoe size indicated on the envelope. Please make checks payable to CCCE Parents' Club.

#### December Sit-Up Challenge

Swimmers will get the chance to improve on their Sit-Up scores on Thursday, December 1<sup>st</sup>. So keep practicing! It will be done before workout starts, so get there early!

**PLEASE PLACE ALL FEES AND CORRESPONDENCE FOR COACHES IN THE WHITE COACH'S BOX WHICH IS FOUND NEAR THE WATER FOUNTAIN.**

#### Winter Wonderland Invitational

Swimmers intending to attend the Winter Wonderland Invitational in San Antonio Dec. 16-18 need to get their Entry Dorms in by Friday, December 2<sup>nd</sup>.

#### Stretching Exercises

One of the activities done by swimmers at the Morning Holiday Camp, was to complete a series of Stretching Exercises. These exercises are completed in five minutes once they are learned. Swimmers will find the Stretching Exercises list in their Family Files this week. Please try them at home and begin doing them before getting into the pool (get to the pool at least 15 minutes before practice starts to give you time to do your stretching and to prepare for practice). If an exercise is unclear, please speak to Miss Vicki.

**PLEASE  
CLEAN OUT YOUR FAMILY FILE EACH WEEK**

#### Thanksgiving Holiday Practices

HEAT swimmers attended Holiday Camp in the mornings on the Monday, Tuesday and Wednesday before Thanksgiving.

Swimmers spent the first ½ hour in dryland work – stretching, balance, strength and agility exercises. Then it was 2 hours in the water. Each morning ended with team activities such as relays and water ball.

#### November Penny Day

November Penny Day had some surprises. Our swimmers continue to increase their T-10 swim distances. Swimmers increasing their distances the most were: Heather Munoz, Catherine Villarreal, Lauren Jones, and James Gilbert. Congratulation swimmers.

#### 2005 FALL/WINTER MEET SCHEDULE

Date	Meet	Location
Dec. 16-18	Winter Wonderland	San Antonio, TX