

HATFIELD STAR

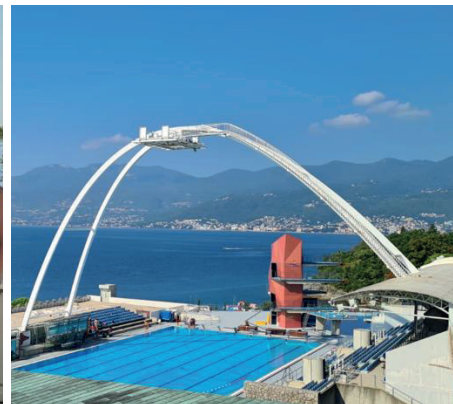
MONTHLY HSC GAZETTE - September 2022 - Edition 4

RIJEKA 2022 - PRE-SEASON SUMMER CAMP



Kantrida Swimming Pool Complex, Croatia

Swimmers of Venom, Mosquito and Vampire & + squads spent a week in Rijeka, Croatia at the end of August for a pre-season camp. They swam twice a day and also enjoyed some activities that included waterslides at an aquapark and water-ski or wakeboard on a sea cable tow. They trained hard, had fun, enjoyed the hot days, discovered new friendships under the supervision of coaches Janko and Pippa. The training sessions also included open-water swimming in the sea. They swam with fishes and parents could even spot dolphins doing some jumping not far from the swimmers! They had an amazing week ready for the new season to come.



FAQ - When can 9 year olds start competing ?

Nine year olds can start competing on their 9th birthday in order to achieve times that will place them on the ASA rankings (swimmingresults.org/individualbest/). Swimmers without times in a specific event can only compete in galas that have a level 4 license such as Club Champs or level 3 galas that allow swimmers with no times (NT) to enter. It is important to read the conditions for any meet to determine whether or not a swimmer is able to compete in order to avoid being rejected.

USEFUL LINKS

Electrolytes drinks: <https://highfive.co.uk/>

Quote 'H5#HATFIELDSC' to have a 40% discount

WELCOME NEW MEMBERS

A huge welcome to our newest members

Oliver Barrows
Nicole Gabriela Luta
Marcus Leung

ARTISTIC SWIMMING CORNER

Our artistic squad are now entering the sport's designated competition-free training block that runs from September to December. Whilst there are no competitions, swimmers will be working on developing skills to prepare for figure and routine grading days, as well as working on team routines. Our Lead Artistic Swimming Coach, Amy, is also tutoring an assistant coach course during September and October which we hope to have several club members attending.

MEET THE COACHES

HEAD-COACH JANKO GOJKOVIC

Hatfield pools are buzzing these days. New season, new individual goals, new faces, new programmes, new networks, new inquiries, new camps, new meets, ... Not just another season, it is Hatfield's new season.

Swimmers, coaches, S&C team, parents, volunteers, physio and sports psychology team, are all buzzing to do the job. It is a great and exciting feeling to be on this team and lead it to another successful season. Hatfield pink army is here to challenge themselves, yet again, and achieve their dreams. This journey will sometimes be more challenging and sometimes more rewarding. Being on this journey as Hatfield team, it will always be exciting.

Our goals will always require from us high energy, focus, skills and mental adaptability (resilience if you like that term :) To continuously be able to be in this state and keep the momentum, we all need great health. So, if you have not done so already, get your plan in place and jump on this exciting journey! Support each other and enjoy it!



UPCOMING EVENTS

1-2 OCTOBER 22

Hatfield Regional Qualifier @ HSV, Hatfield
> Tr, Ho, Ve, Dr, Mo, Va, Vp and Vp+

8 OCTOBER 22

Arena League Round 1 @ TBC
> Ve, Mo, Va, Vp and Vp+

9 OCTOBER 22

Hatfield Club Champs 1 @ HSV, Hatfield
> Do, Tr, Ho, Ve, Dr, Mo, Va, Vp & Vp+

16 OCTOBER 22

Hatfield Club Champs 2 @ HSV, Hatfield
> Do, Tr, Ho, Ve, Dr, Mo, Va, Vp & Vp+

