



HIGHLANDS NEWS

Highlands Swim and Tennis Club P.O. Box 9 McLean, VA 22101 703-821-9894

Summer 2015

Highlands Swim Team Remains in Division 1 and We're Taking it up a Few Degrees!

Welcome! The Highlands Whomping Turtles is a Division 1 team that continues to grow and get stronger each year. The excellent coaching and hard work from all the swimmers were evident last summer as we have returned to Division 1 for the 2015 season, seeded 5th! Last season, Highlands Swim sent 15 relay teams to All-Star Relay Carnival and 16 individual swimmers to the NVSL Individual All-Stars. In Division 1 this year, we will swim Chesterbrook, Tuckahoe, McLean, Overlee and Hamlet. We have a terrific season planned, with many activities! Dale Proctor is the Highlands Team Rep this season, supported by Laura Nammo as Assistant Team Rep. We will do our best to make the season a great one. We are looking forward to welcoming everyone back and meeting new members at the Highlands Swim and Dive Open House on Saturday, May 23rd from 11:00am - 1:00 pm.

And, more great news....thanks to the

Swim Team News *continued on page 4*

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Facilities Improvements Continue

==Warming Highlands Pools!==

Over the past several years Highlands has seen many major upgrades, including a new kitchen, the Turtle Shell, bathhouse, wading pool, pool decks and entrance ramp – these were made possible in large part by the capital assessment paid by each of our members. Prior to the holidays, membership overwhelmingly passed (over 92%) a two-year extension of this assessment, thus enabling continued and important improvements at Highlands.

This process was particularly informed by the responses to the survey. Responses and the discussions that followed made clear key priorities for members, many of which are being implemented in preparation for this summer: We now have an “Empty Nester” dues category for families whose children have grown up and moved out of the house for

Improvements *continued on page 5*

Please see page 3 for Highlands' policy on how we will be heating the competition and middle pools this summer

2015 Dive Team Welcomes New Head Coach – Hannah Bell

Hannah is a rising senior at George Mason University, pursuing a degree in Public Relations and Sport Management.

Hannah was a 2-year Varsity diver at George Mason University. Prior to college, for more than 10 years, she was a member of the Blue Wave Diving club in Geneseo, New York. She was also a Varsity athlete at Canandaigua Academy. While growing up, she competed at AAU and USD dive meets. Hannah has also been involved with gymnastics.

Hannah has coached divers at the Mason Academy and at Canandaigua Academy. She is passionate about diving and takes safety on the boards seriously. She loves working with kids who are eager to learn more about the sport of diving. Hannah can't wait to meet the Highlands divers and is looking forward to a great 2015 summer diving season with the

Dive Team News *continued on page 3*

Highlands Tennis 2015

We have had another very long winter, but spring is almost here! We have great news for Highlands Tennis in 2015 - in addition to returning Tennis Professional John Kratzke, Highlands will also welcome back Assistant Pro Sam Shroder after his 18 months abroad! For 2015, we will continue to field competitive junior and adult teams, offer spring, summer, and fall junior and adult clinics, run an advanced summer camp for competitive juniors, and provide half-day tennis camp during August! Also, John, Sam, and the younger staff will be available for private instruction allowing you to work on your game on your own schedule!

Highlands Tennis Professional

John Kratzke has been teaching in Northern Virginia full-time for 17 years. He learned from both Fairfax Racquet Club and 4 Star Tennis Academy as he gained experience as a tennis professional. He developed a robust tennis program at Oakton Swim and Racquet Club prior to his start at Highlands in 2010. He lives in Vienna with his wife Elisha and their 13-year-old son Sean.

Tennis News *continued on page 6*

2015 Highlands Swim and Tennis Club Board of Directors and Managers

President:

Tony Poole
ahpoole@gmail.com

Vice President/General Counsel:

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pbattles@bhope.org

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Social Events:

TBD

Tennis Team Rep:

Andy Jewel
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Swim Team Rep:

Dale Proctor
dale.proctor@whompingturtles.org

Dive Team Rep:

Tim Kaiser
tkaiser@phada.org

Tennis Professional:

John Kratzke
john@fuzzylittleball.com

Membership Records:

Mary Tenney
mary.tenney@gmail.com

Pool Opens May 23rd

Key Dates

After a very successful 2014 season, we are pleased that US Aquatics will once again be providing their management services to Highlands. We will be opening Saturday, May 23rd, Memorial Day weekend, and closing Sunday, September 13th, the weekend after FCPS starts, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 9 pm on Saturday, Sunday, and Monday.** During the early season weekdays, daily hours will be as usual: 3:30 pm – 9pm. **Early Bird swim will begin June 22nd at 6:30am and be held Monday thru Friday from 6:30am-8:00am through September 4th.** The start date of Early Bird swim, as always, is the weekday after the FCPS school year is over. **Group swim lessons will begin Monday, June 22nd, at 10:00am and run consecutively for six one-week sessions ending Friday, July 31st.**

When we must alter our printed hours of operation, such as unforecasted Swim Team and Dive Team events and competitions, we will post these changes on the bathhouse/office door at the main entrance and on the manager's voice mail on 703-821-9894 ext 4. When FCPS is on summer vacation we will be open, weather permitting, from 10:00am to 9:00pm daily except Sunday's during Adult Swim, when the pool is open for families at 11:30am.

See the online and printed calendar for a complete list of times and events

Highlands Phone Numbers

Front Desk (Direct Line)	703-821-9893
Snack Bar	703-821-3167
Tennis Director	571-246-1926
Main Phone Number	703-821-9894
Membership Info	703-821-9894, Ext 1
Hours and Directions	703-821-9894, Ext 2
Swim Team Hotline	703-821-9894, Ext 3
Pool Manager	703-821-9894, Ext 4
Tennis Team Hotline	703-821-9894, Ext 5
Snack Bar	703-821-9894, Ext 6
Special Events Hotline	703-821-9894, Ext 8
Highlands Website	www.highlandsswim.org

Please see other sections of this Newsletter for details of specific planned activities and schedules.

Life Guards Needed!

Interested in working at Highlands this summer? Calling all future...

Life guards!!

Contact U.S. Aquatics for a list of available classes at jobs@usaquatics.net.

To apply, you can download an application at www.highlandsswim.org/hiring.html and email it to jobs@usaquatics.net.

Communications at Highlands!

At Highlands, we communicate to members in many ways, but primarily through weekly emails, the Club website, and Facebook, as well as through signage at the Club.

Facebook: We are looking forward to maintaining our Facebook page at Highlands. So take a look, Like us, check out what's new, and keep up on what's current. Search for us by name, click from our website at www.highlandsswim.org,

or visit us directly at www.facebook.com/HighlandsSwimAndTennisClub.

Website: Our website is updated for major events – check it out regularly at www.highlandsswim.org, in particular the team and Club calendars.

Annual General Meeting

This year's **AGM** is currently scheduled for July 26th at 5pm in the Turtle Shell. An email notice will go out to permanent members announcing the meeting and confirming the date and time. Notices will also be posted at the club.

Whomping Turtles!!!

Dive Team Registration

If your diver is looking for a great way to spend a couple of months making new friends, having fun, staying cool and keeping in shape, Highlands Dive Team is for you!

Register online at highlandsswim.org under Dive Team tabs. If you registered online last year, you will be able to log in as a Returning User (to avoid creating duplicate accounts). First Time Users will need to create an account. The Highlands Dive Team is open to Divers between the ages of 5 and 18.

Dive Team Parent Volunteers Needed

Need Judges, Referees and Table workers: Just like the Swim Team, the Dive Team cannot function without parent volunteers—at both meets and team activities. The Dive Team needs additional judges, table workers and referees. Please plan on attending certification clinics identified below.

Table Workers/Officials Clinic: Sun., June 7. 9:30 am at Sideburn Run

Referee Clinics (for experienced judges): Wednesday, June 10,

6:30 pm at Truro or Sunday, June 21, 4:00 pm at Hamlet
Judges' Clinics: Sunday, June 7 at 9:30 am at Sideburn Run or Sunday, June 14, 4:00 pm @ Oakton or Wednesday, June 24, 6:30 pm @ Sleepy Hollow Bath

DIVE TEAM PRACTICE SCHEDULE

Afternoon Practices, 5/26 – 6/19

M–F; 4:30 – 6:30pm

Session I: 4:30 - 5:30pm

Session II: 5:30 – 6:30pm

Regular Practices begin on June 22

Mornings:

Session I: 9:30 – 10:30am

Session II: 10:30 – 11:30am

Afternoon M,W,F 4:45 – 6:00pm

Please register early online and consider how you can volunteer. We need you! For more information, please don't hesitate to contact Brigitte Trono by email at HighlandsDive@gmail.com or by phone at 804-389-1316.

IMPORTANT DIVE TEAM DATES

May 23 **Swim & Dive Open House Registration & Swim Suit Sales:**

11:00 – 1:00 pm at Highlands

May 26 Pre-Season Afternoon Dive Team Practices Begin

June 22 Regular Season Dive Team Practices Begin

June 23 Away "A" Meet @ Oakton

June 30 Home "A" Meet (v. Orange Hunt)

July 7 Home "A" Meet (v. Ravensworth)

July 9 Away "B" Meet @ Overlee

July 12 Wally Martin 3- Meter Meet @ Oak Marr

July 14 Away "A" Meet @ Mantua

July 16 Away "B" Meet @ Tuckahoe

July 19 Crackerjack Invitational Meet @ Springfield

July 21 Home "A" Meet (v. Wakefield Chapel)

July 23 Home "B" Meet (v. Donaldson Run)

July 24 Awards Banquet @ Highlands

July 26 Division Individual Championship Meet @ TBD

Aug 2 All Star Meet @ Donaldson Run

Pool Heating Policy – Let's Take the Chill Off!

As we prepare to open the pool for the 2015 summer season, we are all looking forward to having the new water heating system in place and operational for both the middle pool and the upper (competition) pool. This will be the first summer in club history in which we will be able to enjoy this new amenity. As a standard of practice we have established a baseline pool temperature policy that we hope will accommodate the majority of our membership while helping to keep our new costs at a manageable level.

When the Highlands Board was considering putting a heating system in place, it was our intention to take the chill off the pool water during the first month and last few weeks of the season – making it as comfortable as possible, as well as handle a few spells of cool rainy weather during the season. Based on the financial considerations of our new heating system, for which we only have estimated operational cost projections, we will be putting into place a "no less than" temperature of 75 degrees. While it was never our intention to create a spa environment, considering our average opening temperature through the first few weeks was in the low to mid 60's, this should represent a major upgrade.

Please understand that many factors can have an effect on short term water temperature throughout the day or long term over the season. The pool staff will use their best efforts to maintain this baseline temperature standard, however the front desk and the lifeguards will not be handling direct requests or complaints with regards to regulating the water temperature. Please direct any requests, inquiries or complaints to the Highlands Board of Directors and they will be addressed in a timely manner.

The Highlands Board sincerely hopes our pool heating system adds to your enjoyment of our facilities and we look forward to a great summer season!

very hard work of the Highlands Board, we are able to take the chill off both pools by raising the temperature to around 75 degrees making swim team assessments and pre-season practices much more comfortable for our Turtles! So many new and exciting things happening. Join the swim team...it's a lot of fun, great families and there are meets for all levels of swimmers--"B Meets" for all swimmers on Monday nights, and competitive, scored NVSL "A Meets" on Saturday mornings. Don't forget the weekly pancake breakfasts, bagel Mondays, Friday night Pep Rallies and other activities.

Highlands Swim welcomes Dylan Jones back for a 4th season as the Head Coach for the Whomping Turtles. Dylan grew up swimming in NVSL and has been an NVSL head coach for the past 8 years. He has coached with High Point, Tuckahoe and other NVSL teams. Dylan has coached winter swim for the past 10 years, first with Sea Devils and now with Machine Aquatics. Dylan's coaching philosophy is to encourage swimmers to challenge themselves in a positive environment. Dylan graduated from James Madison University in 2005 with a BFA in sculpture.

Liz Dolan returns to Highlands as the **Head Coach of the Mini Whompers Developmental Swim Program.** This is Liz's 5th year as a Highlands coach, and she is thrilled to be back! Liz has been a member of Highlands swim team for 8 summers and could not be more proud to be a Whomping Turtle! She graduated from McLean High School in 2013 and just finished her second year at James Madison University where she is majoring in nursing. She is looking forward to another great summer with Highlands!

Our coaching staff would not be complete without the dedication and talent of our assistant coaches and coaches in training (CITs) who provide individual stroke instruction and encouragement at practices and meets. We are fortunate to have such a strong group of capable, knowledgeable and hard-working coaches to work with and support our swimmers. Come meet the coaches at the Swim Team Open House on Saturday, May 23rd.

The Highlands Swim Team is open to swimmers that are members of Highlands Swim & Tennis Club. Swimmers between the ages of 5 and 18 are invited to join the swim team. **Swimmers must be able to swim a recognizable freestyle (face in the water, breathing side to side) unassisted one length of the pool (25 meters), be comfortable in the water, and keep up in practice.**

The Mini Whompers Developmental Swim Program is designed to provide a sound foundation in the proper technique of all four competitive strokes for swimmers 5 to 8 years old. The Mini Whompers program will also focus on correct breathing patterns and endurance and will provide an introduction to NVSL competitive swimming. **Swimmers in the Mini Whompers Developmental Swim Program must be able to swim the length of the pool unassisted.** Mini Whompers may advance to the swim team when they are able to meet the swim team eligibility requirements. The maximum number of swimmers in the program will be 50. The program is a five week program that will run from June 22nd - July 24th, 10:30am - 11:15am Monday - Friday.

Coaches will be available on the first three days of practice to assess 8-and-under swimmers. Swimmers may be referred to the Swim Team, Developmental Program, group or private club swim lessons.

Registration: Online registration is open! Members should visit the Highlands website (www.highlandsswim.org) and navigate to the Swim Team page. Click on the Registration tab. If you registered online last summer, simply login to your account as a Returning User and proceed to register your swimmers for 2015. If you are joining the swim team for the first time, please login as a First Time User, enter family/swimmer information and set up an account. Any questions concerning the online registration should be addressed to Dale Proctor - dale.proctor@whompingturtles.org. **Please register early so that you can begin receiving Swim Team communications now.**

Swim Team Practices: Practice for swim team members of all ages will begin on Tuesday, May 26th. Practice times will be slightly different for these first 3 days while our coaches complete Swim Team Assessments. See times below under **Important Swim Team Dates.** Also, watch for **Swim Team Practice Time Updates notices through email.**

Team Swim Suits: The Highlands team swim suit will be Speedo's "Sprint Splice" which displays our team colors, black and green. It would be wonderful for all swimmers to have a team suit, but for those who care to wear their own suits, solid black is acceptable. A representative from Sport Fair will be at the Swim Team Open House with team suits in all sizes for purchase. If you need to purchase another suit during the season, please visit Gary at Sport Fair, 5010 Lee Highway, Arlington (703) 524-9500 and remember to mention Highlands Swim Team in order to receive the team discount.

Volunteers: We simply need every family to volunteer in some capacity as our team has grown to nearly 300 swimmers! It takes at least 40 parents on deck for each meet to run smoothly. There are many ways to be involved...data entry, scoring meets, timing, officiating, weekly pancake breakfasts, turtle merchandise, swim team socials and more. **During the registration process, please choose at least one volunteer activity to help the Whomping Turtles have a great season!**

OFFICIALS CLINICS: We will need more officials to be trained in order to run our meets this summer. Please consider attending one of the training sessions below to be an official!

NVSL Stoke & Turn Officials - If you're interested in becoming a Stroke & Turn Official **you must attend one of the clinics listed below to become NVSL certified.** Once certified you will be able to begin to "shadow" an experienced Stroke & Turn Highlands Judge at B Meets to become more comfortable on deck. **Stroke and Turn Clinics:** Saturday, June 6 at 8:00am @ Lee Graham, Sunday, June 14 at 9:30am @ Hunt Valley and Wednesday, June 17 at 7:00pm @ Hunt Valley & Sully Station. All clinics start on time, rain or shine.

The NVSL University clinic session is **Sat., May 30** at Fairfax County Gov't Center. These clinics include: **New Referee** (8:00am), **Referee/Starter** (8:00am), **New Starter** (8:00am), **Chief Timer** (10:30am)

For more officials and other training opportunities, please visit the NVSL website at www.mynvsl.com under DOCUMENTS, NVSL CLINICS AND HANDOUTS.

IMPORTANT SWIM TEAM DATES

Sat. May 23	Open House	@Highlands @11:00-1:00pm
Tues. May 26	Practice begins	
	13 & Overs	3:30-4:30pm
	Assessments	4:30-5:00pm
	8 & Unders	5:00-5:45pm
	9-12 years	5:45-6:45pm
Sat. May 30	NVSL University –	
	Various Clinics (see above)	8am (see above)
Sat. June 13	Time Trials	@Highlands, 8:30am
Mon. June 15	First “B” Meet	@Highland, 5:00pm
Sat. June 20	First “A” Meet	@Highlands, 8:00am
Mon June 22	Mini Whompers Practice	10:30-11:15am
Mon June 22	Morning Practices begin	
	13 & Overs	8:15-9:30
	9-12 years	9:30-10:30
	8 & Unders	10:30-11:30
	Afternoon Practice begins	5:30-6:30pm
	all ages	
Mon. June 30	Team/Individual Pictures	@ Highlands, 9:30am
Wed. July 8	Relay Carnival	@ Overlee, 4:00pm
Wed. July 15	Relay All Stars	@ Hunt Valley, 4:00pm
Sat. July 25	Divisionals	@ Chesterbrook, 9:00am
	Awards Dinner for ALL Highlands Swim Team 6-9pm	
Sat. Aug. 1	NVSL All Stars	@ Little Rocky Run 9:00am

Come Saturday, May 23rd to get a Complete Schedule and Additional Information!

Please contact the Highlands Swim Team Reps with questions:

Team Rep: Dale Proctor at 571-643-5629, or dale.proctor@whompingturtles.org

Asst. Team Rep: Laura Nammo at 703- 862-1819, or lnammo@hotmail.com

A Meet and B Meet Schedules and the 2015 Practice Schedule are posted on our swim team web site at www.highlandsswim.org.

Please check our swim team hotline at 703-821-9894, ext 3 for special announcements.

In addition to Highlands information, you can explore the NVSL web site www.nvsl.nvblu.com to learn more about the summer swim season.

REMINDER: Follow posted directions and drive with caution in the parking areas. Park as tightly as possible in the lot and in the designated areas along Bryan Branch Rd. Please do NOT park on the fire lane access side of Bryan Branch Road. Thanks!

Improvements *continued from page 1*

members who are 65 and over. A heating system servicing both pools will enable us to take the chill off the water in the early and latter parts of the season (we are not intending to heat the pools to bathwater temperature!). Due to vandalism on the property, we are consulting with the Fairfax County Police and will be upgrading our security system to include exterior cameras. Highlands is an important part of each of our lives and we want to do whatever practical to protect our collective investment.

With the approval of the extension of the capital assessment, we have identified, prioritized a number of new capital improvements and repairs to be completed before Memorial Day. This list consists of improvements that are required by licensing authorities, or critical to the safe functioning and ongoing maintenance of Highlands. Highlights of this list include:

- Tennis court crack and surface repair
- New roof and exterior lighting on the tennis center,
- Air conditioning in the kitchen of the new Turtle Shell,
- New white coat and tiles in both large pools.

Tennis Times at Highlands: Mid-April to Mid-October

As we approach the beginning of Spring, we are also readying the tennis courts for your enjoyment, particularly after a tough winter like this year. Unlike the swimming pools, which are only open when lifeguards are on duty, the tennis courts have a far longer season. Indeed, in years past, people have played tennis periodically throughout the winter months when temperatures permitted and as long as there was no snow on the courts. That is one of the key reasons we long ago decided not to take down the nets each year.

Even in years with better winter weather, it is important for our tennis community to remember that Highlands can't (and doesn't) provide full-time staff to maintain the courts throughout the year. Additionally, getting the courts ready after the Winter often requires crack repair, wind-screen replacement, light-bulb and light-fixture fixing, etc. Some of this work can't be completed until well into April or even early May, as the weather needs to warm and cracks that developed over the course of the winter need to dry out. We have tentatively scheduled court crack repair for early May. This may result in the temporary closure of one or more of the courts for a day or two. We will advise in advance when that will happen.

In summary, while Highlands' tennis courts may be available for use by the Membership throughout the year, weather and court-conditions permitting, the Club Tennis season should be considered to be from April 15th through October 15th. If you use the courts outside of this period, please understand that conditions may be less than optimal.

John's background in biomechanics and sports physiology is vital to many of his students who love tennis, but collect injuries as they age! Until mid-April, John teaches at Renaissance Tennis Club in Tysons Corner. If you are interested in lessons before our outdoor programs begin or have any other questions for John prior to the start of the season, please email him at john@fuzzylittleball.com or call him at 571-246-1926.

Registration Day: Saturday, May 23rd from 11am – 1pm (at Highlands)

Come out to register, meet John, or ask questions about the tennis program! Registration forms and information sheets will be available. Information can also be found on the club's website at www.highlandsswim.org, and on the bulletin board at the tennis building. Registration fees for Highlands spring tennis and team tennis programs are a great bargain at \$75 per program for each person (with a maximum total fee per family of \$300)! For example, if your family has a player on the Women's Team, a child in the spring lesson program, and a child on the junior team, the total registration fee is \$225. John's summer camp is also available at reasonable rates and on a perfect schedule for Highlands' families!

Junior Team Tennis

Highlands participates in the Northern Virginia Tennis League. Highlands won the 2011 Roger Neighborgall Trophy for top junior tennis club in NVTL! In 2014, our Girls 11-18 team captured the NVTL Championship! We look forward to continued success in 2015! We will offer junior teams for match play ready boys and girls from 9 to 18. Teams are coached by John, Sam, and a great staff of assistants.

Adult Team Tennis

Highlands Men's team will play 4 singles and 3 doubles matches in each Saturday morning match. The team is designed for 3.0 to 4.5 level players. Men's team practice will be from 6:30-8:00pm Thursday evenings. The Women's team will play 3 doubles matches in each Thursday morning match and practice on Monday mornings from 9:30-11:00am. For further details, please contact Tennis Pro John Kratzke (571-246-1926). If you have not joined one of the teams in the past, give it a try! Enjoy the fun, and meet some new friends.

Sunday Tennis Socials, Junior Tennis Fun Day, and Adult Tennis Round Robins

Sunday Tennis Socials will be held for adults and/or families with organized tennis followed by a potluck BBQ. Members of all levels are welcome! Please reserve the following dates to meet some new friends or acquaint yourself with old friends! Potlucks will be held on Sunday June 7, July 12, and Sept. 13 from 4-8pm.

Our Annual Junior Tennis Fun Day will be held on Sunday June 28th from 2:30-4:00 p.m. Come out for games, prizes, and lots of fun!

Round Robin Tournaments will be held for members 14 and older with Singles (May 17), Doubles (June 14), and Mixed Doubles (August 9) events from 9:00am to 12:00noon.

Tennis Court Reservations and Additional Information

Sign-up sheets are posted on the bulletin board outside the Turtle Shell. To reserve a court, please sign-up for a date and time on the sheets. The sign-up sheets are generally posted two weeks at a time. Please don't hesitate to contact John (john@fuzzylittleball.com) or Andy Jewel (andrewjewel9@gmail.com) if you have any ideas or suggestions for the tennis program. Thank you for all your continued support. See you on the Courts!

Adult Lap Swimming Weekdays from 6:30pm – 7:30pm

Don't forget... Adult Lap Swimming time is reserved for the afternoon enjoyment of members who may not have time to visit the pool during the day. This time slot is being continued, with the Upper Pool lap lanes reserved for lap swimmers Monday through Friday from 6:30 – 7:30pm.

PLEASE REMEMBER: On Monday's when there are home "B" swim meets, reserved lap swimming will canceled – please see the calendar for details on which dates are impacted.

Deck Reservations

Many members have enjoyed using the two decks and the upper grassy plain at Highlands for private parties, and this tradition continues unabated in the 2015 season!

There are two decks available: a middle pool-level deck between the two large pools and an upper deck above the upper pool. To reserve either of these decks, contact the front desk in advance and please be prepared to pay the required fee when you make your reservation. The fee for a 2-hour reservation is based on the number of expected people attending:

0 – 25 people: \$50

26 – 50 people: \$75

More than 50 people: Requires board approval

Exclusive use is granted only for the upper platform of the middle deck or for the upper deck. For more than 50 people, please make the reservation with the front desk and they will contact the board for their approval. As always, members are responsible for their guests and actions.

Please pay with a check made out to *Highlands Swim and Tennis Club*. Remember that only a club member can make reservations, and that non-members attending must also have a guest pass via a member. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).

Enjoy!!!



HIGHLANDS 2015 SOCIAL CALENDAR



All Highlands members are invited to attend these exciting social events! Mark your calendars and join the fun! We will also be hosting **Friday Evening Dinner Specials** at the Turtle Shell, so be on the lookout for more goodies to come!

WELCOME BACK ICE CREAM SUNDAE CAFE

MONDAY, MAY 25, 12:00 PM

Summer has arrived! Gather at the pool to kick off the season right! Back by popular demand the Sundae Cafe will be open from noon until 4:00 PM. Come out and see what you can create while you reconnect and celebrate the beginning of summer! (Free)

ADULT SOCIAL

JUNE 20TH, 6PM

This will be the first of three adult socials that we have planned for the summer. Please be on the lookout for the exact date, the menu, any particular associated activities, and most importantly the Theme! (expected \$35)

SUNDAY MORNING COFFEE TIME

MAY-SEPTEMBER, 8:30-11:30 AM

Enjoy a calm and peaceful morning poolside with our Sunday Morning **Adults Only** Coffee & Donut Time. Bring the paper or a book, swim some laps, or just relax! (Free)

4TH OF JULY FAMILY FUN DAY

SATURDAY JULY 4TH, 4:30-7:00 PM

Don't miss out on this fun family focused picnic. We will have a simple picnic, main dish and sides for a nominal fee. The grills will be fired up and ready for your own gourmet grilling sensations as well! We will have activities and fun for the whole family. WHO will be the pie eating champion THIS year? Maybe it will be you? Please

come and enjoy the festivities. (Nominal fee)

ADULT SOCIAL

AUGUST 8TH, 6PM

This will be the second of three adult socials that we have planned for the summer. Look for more details during the Summer! (expected \$35)

END OF SEASON ICE CREAM CAFE

MONDAY, SEPTEMBER 7TH, 12:00 PM

Come to the pool for one last hurrah! We'll serve ice cream and all the fixings until we run out. Enjoy a dip in the pool and have a Sundae while you say your goodbyes until next season! (Free)

ADULT SOCIAL

SEPTEMBER 12TH, 6PM

This will be the third of three adult socials that we have planned for the summer. Look for more details during the Summer! (expected \$35)

We always need help for the family social events – please look for sign-up emails to help put on fantastic events at our favorite summer hangout!

Please look for more socials for families, adults, and children to be posted for the Winter season!

Raft Night – Sundays Starting May 24th at 6pm!

A standard staple of the post-school Highlands scene is raft night. Every Sunday evening starting at 6pm, running to 8:45pm, Highlands' lower pool is transformed into an eclectic mix of inner tubes, planes, sharks, and rowboats (sans oars – safety first)! Put it on your calendar and join in the fun. Relax by the pool and order dinner at the Turtle Shell – it's a great way to end the weekend and enjoy a last bit of decompression before your week starts!

Send Us Your Email Address

It is time once again to check your email junk folders, your spam filter rules, and generally clear the way for Highlands' emails! If we have your email address, this year you will once again receive our HTML emails.

Although we do target our communications to all members, such as by including flyers at the front desk, **some communications remain in electronic form only**, such as surveys and last minute notifications about the club happenings, changes in schedules, and other important information. This enables us to keep costs down while increasing the amount and timeliness of our communications to you.

Please send an email from your preferred email account to Andy Ross at ross.hstc@hotmail.com along with any additional email addresses to which you would like to receive club communications, and we'll ensure that you are included in the database.

Highlands Swim and Tennis Club Pool Rules for Fun and Safety

Policy Statement: "lifeguards may exercise discretion in requiring members and guests to discontinue any activity that, in their judgment, is unsafe or disturbing to others."

General

- All persons in the pool area must be current members or guests.
- Any person unable to demonstrate minimal swimming ability to the guard staff will not be allowed in the dive pool
- No running, pushing, acrobatics, wrestling or discourteous behavior in or around the pool is permitted. Any disturbance of others' enjoyment of the club will not be allowed.
- Members may not engage in conversations with guard staff while they are on duty in the lifeguard stands.
- Swimming during off hours or in the absence of an on-duty lifeguard is prohibited.
- Pool management and lifeguards have the authority to clear the pools of all swimmers at any time.

Youth Members

Members 12 to 14 years of age may come to the pool alone when the following conditions are met:

1. They have passed the basic swimming test and received a patch. Tests will be conducted periodically by lifeguards not currently on duty in the lifeguard stands. The test consists of:
 - ✓ Swimming one length of the pool to guard staff satisfaction
 - ✓ Floating for one minute
 - ✓ Treading water for one minute
 2. There is an emergency care card and written permission on file, signed by parent or guardian (forms are available in the office)
- Swimmers under 12 years old must be under the supervision of a member at least 15 years old while at the pool.
 - Swimmers 5 years of age or older may swim in the dive pool unaccompanied after passing the basic swimming test.
 - No children under the age of 5 are permitted in the dive pool at any time. This policy applies to all children, even those accompanied in the water by their parents or other adults.
 - All children under the age of 4, and any older child not fully toilet-trained, must wear swim diapers when using the baby pool or the middle pool.
 - At 50 minutes past each hour, there will be a 10-minute break for all swimmers under 15 years of age.
 - After 7:00 pm, swimmers under 15 years of age may not be in the pool unless supervised by an adult member who is at least 18 years of age.

Health

- All swimmers must shower before entering the pool.
- Admission may be refused anyone with illness, lacerations, sores or bandages.
- Food and beverages are permitted in designated picnic areas only.
- No glass containers of any kind are allowed in the pool areas.
- No pets are allowed in the pool areas.
- The club is a non-smoking facility. Smoking is prohibited in the pool areas.

Use of Lap Lanes

Lap swimming is the priority use for designated lap lanes. Swimming under or through these lanes while in use is prohibited.

Diving and Use of Slides

- Only one person at a time is permitted on the diving boards or slides.
- Diving from the side of the pool is prohibited in shallow (two to four feet) areas of the pool.

Swimming Accessories and Pool Toys

- Swimming accessories and aides and pool toys are prohibited on the diving boards, slides, or in the lap lanes. This prohibition includes ball throwing over or in the lap lanes.
- Guard staff may require the removal of swimming accessories and aides and pool toys at their discretion, depending on pool conditions.

Questions regarding any of these rules may be addressed to the Pool Manager or Assistant Manager.