

Halton Hills Blue Fins

Masters Newsletter



****Important Dates****

Monday October 14th: NO Practice, Have a wonderful Thanksgiving weekend with family and friends!

Saturday October 26th: NO Practice, Team will be away at the Otters swim meet.

Sunday October 27th: NO Practice, Team will be away at the Otters swim meet.

Thursday October 31st: NO Practice, Happy Halloween!!

New

- Drop in Friday 8-9pm
- Missed a practice? Upcoming travel? Not able to make a scheduled practice?
- Join our Friday nights practice to keep up on your swimming goals. Group has all 6 lanes.
- No need to let the coaches know, just show up and hop in!

Upcoming & Tips

1. **November 19th Masters Meet! 8-9:30pm**
2. Don't miss an opportunity to test your training! This meet is just for our master swimmers to test their swimming skills. It is a great way to see how your endurance and training have been improving. Swimmers can start the race from a dive or in water and use the times for training goals. Sign up for events will be sent out soon.
3. **Activation helps your muscles prepare.**
4. When arriving to practice, take a couple of minutes to warm up your body with these few simple exercises. Arm Circles 10x forwards & Backwards. Crossover arm swings 10x. Straight leg swing 10x on each leg. Toe touches 5x (doesn't matter if you can touch just stretching your back muscles)
5. **Hydration!** Don't forget your water bottles to stay hydrated as you work hard. This helps healthy muscles and fight off cramping!