



Veterans Park Swim Team

Home of the Marlins



June 16, 2009

Newsletter #4

Congratulations to all our swimmers on Saturday's meet. We swam hard and had amazing results for our first meet! Only 13 DQ's overall as a team – we had one of the lowest DQ's out of all 24 PWSL teams. GREAT JOB SWIMMERS! We also had a couple of our M.I.T. Swimmers participate in the meet. Wonderful! Thank you to all the parents that helped out. We cannot run a meet without your support. Let's keep it up for our next meet!

First Meet versus Dale City Frogs Results

Final Score:

Dale City – 2726.0

Veterans Park – 1951.0

Second Meet – June 20th at HOME versus Westridge:

If you will not be at the meet, please alert your coach by Wednesday and put it into the blue notebook.

***** Arrival by 6:00am. Warm-ups start at 6:15am. *****

***Swimmers** - Please check in with your coach upon arrival and listen to the announcer calling the events. We do not want any "scratches" if you are at the meet. When in doubt, ask!

***Relays** – Swimmers should not leave the meet until they check in with their coach(es) to see if they are in the Freestyle relay.

***Volunteers** – We need volunteers for timing, recording, running, scoring, Clerk of Course, and Concessions. If you are a new parent, we'll gladly "train" you for any job. Please also be aware that you may be asked to volunteer for another shift. We typically have three shifts during meets and sometimes need additional volunteers to fill all positions. Please see a Board member to volunteer.

***Cheering** – Parents are encouraged to cheer for their swimmers during the meets. However, parents cannot "coach" (i.e. yelling "Kick"; "Reach"; "Pull", "Two-hand touch") their swimmers from the pool deck. "Coaching" can result in an Official disqualifying your child in that event. Parents need to remain quiet at the start of each race. Timers and Recorders are technically officials and should refrain from cheering and coaching as defined above.

***** Please gather all belongings and trash before leaving the pool area. *****

Meet Set-Up/Take-Down – Since we are HOME for this meet, we ask that all families with last names beginning with A through L come to the pool Friday night @ 6:30pm. We need help setting up for the meet. Swimmers are welcome to attend as well to help with lane lines. If you

have an extra large-size cooler, please bring it for Concessions. You'll get it back at the end of the meet.

Families whose last name begins with N-Z are asked to assist with meet take-down immediately following the meet. Remember, the more "hands" we have, the quicker it goes!

Friday Morning Practices – Practices begin this Friday, the 19th, from 7am to 9am. This is a great time for your swimmer to get extra 'one-on-one' time with the coaches to practice stroke technique, flip-turns, and starts. Swimmers in the M.I.T. program are exempt from this practice unless they are swimming in the meet on Saturday.

Team Picture – On **Wednesday, June 24** at 6:15pm Memory Makers will be at practice to take individual and team pictures. Everyone should plan to wear their team suit. Look for the picture envelope in your folder in the coming days. Even if not ordering pictures, please have your swimmer present to be part of the team photo. Please be on time. Rain date is Wednesday, July 1.

Swim-A-Lap – Wednesday, July 8 during regular practice time. Swimmers will be given a pledge sheet and are asked to collect pledges or donations from family and friends. A Pizza Party will be held following the event for participants. Families will also be able to order additional pizza for themselves at a reduced cost. This is an optional fundraiser and funds that are raised assist the team with purchasing new equipment for the team. Further information will be provided as we get closer to the event.

Inclement Weather/Thunderstorms Reminder – Parents, please continue to monitor any fast-approaching storms. If you have dropped off your swimmer(s) for practice, please come back to the pool if you hear/see thunder and lightning. If we cancel practice before



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6:15pm, an e-mail will go out through the Yahoo group list and will be posted to our website. As always, please use your best judgment when storms are predicted.

Marlins Apparel Items - We have team apparel and other items for sale, including caps, goggles, car magnets, Marlin towels, and Marlin temporary tattoos. **Caps are a must-have for those with long hair and for others as a way to identify you as a Marlins swimmer.** New T-shirts, sweats, and bags should be here shortly! Please see a Board member for purchases and show your team SPIRIT!

Family Folders – Please remember to check your folders! In general, newsletters will be placed in folders on the Tuesday on each week.

Coaches Notebook - A Coaches Notebook will be out for swimmers/parents to notate when a swimmer will miss a practice or meet. This information is needed for the coaches for planning purposes and meet entries.

Penny Drive Fundraiser -- Money jugs are placed by the

team shed during practices. The age group that collects the most money by July 17th will be treated to a Pizza Party during Spirit Week.

Team Sponsorships – If you are interested in assisting the Board in acquiring team sponsors from any businesses that you are familiar with, please see a Board member for the Sponsor Letter and Form. Sponsors help the team in meeting expenses and keep registration costs down, while also promoting those businesses. Sponsorships are tax deductible.

Reminder – Parents are not allowed on the pool deck during practices or meets, except when serving in an official capacity. If you need to talk with your swimmers' coach, please do so before practice begins or when it ends.

*** **GO MARLINS!!! BEAT WESTRIDGE!!** ***