

Star News

UPCOMING EVENTS

May 9th-13th VOLUNTEER SIGN-UP
May 9th – 11th Make-up Time Trials
May 13th – Pep Rally 7:00 pm (Pizza Provided)
Bring your drinks/desserts and chairs.
May 14th – 1st Dual meet vs. Northpointe

SPONSORS

If interested in being a sponsor, please contact
Kristine Gill (Kristine.Gill@jvstars.com).

VOLUNTEERS

Please contact a board member for upcoming
volunteer opportunities.

PRACTICE SCHEDULE

Tuesday thru Friday
May 9th – May 13th

4:00 – 5:00	11 and UP
5:00 – 5:30	6 and Under
5:30 – 6:15	7 – 8
6:15 – 7:00	9 – 10

SWIM MEET SCHEDULE

May 14 th	HOME	Northpointe
May 21 st	AWAY	Winchester
May 28 th	AWAY	Blue Marlins
June 4 th	HOME	Norchester
June 11 th	AWAY	Concord Bridge
June 18 th	TBD	Divisionals
TBD	Ponderosa-Klein Oak HS (must have qualifying times)	
TBD	End-Summer Invitational (must have qualifying times)	

HELPFUL INFORMATION

Time Trials— Please make sure your swimmer has times. **No times = No swim meet per NWAL rules.**

First Home Meet

- Volunteering is critical and is a requirement for team membership. Ask how you can help out.
- Events will be posted during practice for the first meet (Thursday or Friday).
- **All JV Stars parking is at Post Elementary** by the pool. Our team area is in the field between Post and the pool (outside of the fence).
- Bring a pop-up tent and chairs, sunscreen, drinks, snacks (concessions will be open).
- If you will not be able to attend, please complete the missing a meet form.
- If you have a time conflict, please alert coaching staff and board to avoid relay conflicts.
- Swimmers actual events will be posted. Max of 3 individual events per NWAL rules.
- You must sign in at 7:00 AM or you may be scratched from an event. Text a friend or board member if you are running late so that you will not be scratched.
- Write events on swimmer's arm so they know which ones to watch and listen for.
- Swimmers move from Star Search to Ready Bench to Blocks to Racing.
- Coaches determine who swims which event.

Refund Policy—From May 7th through May 13th, swimmers will receive a 50% refund. After May 13th, refunds will not be given.

Missing a Meet—Please fill out the Missing a Meet form if you know you will be unable to attend the any of the meets. Forms can be printed online or found in the Missing a Meet notebook at the board member table.

JV Stars Cut-off Date—Our team has a policy of open enrollment throughout the season, so if you know someone who is interested, please have them come out and join the fun.

Swim Lessons—Our coaches may offer private swim lessons. Please inquire with coaches.