

UPCOMING EVENTS

May 25 – **HOLIDAY (NO PRACTICE)**

5/26-29 – **VOLUNTEER SIGN-UP**

May 30 – 2nd HOME Meet vs. Blue Marlins
(Sign-in 7:00 AM; Warm-ups 7:15 AM)

SPONSORS

If interested in being a sponsor, please contact Amanda
at amanda.muske@jvstars.com

VOLUNTEERS

Contact Kim at kim@life-leap.com for opportunities.

BACKYARD GRILL GOLF TOURNAMENT

June 15th is Backyard Grill's Cy-Hope Charity Golf
Tournament. Backyard Grill is one of our biggest
sponsors, supplying food for our entire team and families
at the end of year awards celebration. Please help support
them and contact Steve Gill if you'd like to play.

Jvgills13@gmail.com

PRACTICE SCHEDULE

Monday thru Friday

April 20th – June 5th

4:00 – 5:00	13 and UP
5:00 – 5:30	6 and Under
5:30 – 6:00	7 – 8
6:00 – 6:45	9 – 10
6:45 – 7:30	11 – 12

SWIM MEET SCHEDULE

May 30 th	HOME	Blue Marlins
June 6 th	HOME	Ravensway
June 13 th	AWAY	Concord Bridge
June 14 th	Klein Forest HS	Ponderosa Invitational
June 20 th	HOME	Divisional
June 27-28 th	Ponderosa Invitational	
June 27-28 th	End-Summer Invitational	
**need qualifying times for invitational meets		

HELPFUL INFORMATION

Meet Results – We lost a close one this week, but we had a lot of fun in the process. Many swimmers swam personal bests this week, so please congratulate your swimmers on the wonderful effort they put forth. The swimmers are already making vast improvements. **SIDE NOTE: There was some confusion in a few races as to which swimmers swam in which heat. Ready bench personnel should have this lined out, but kids sometimes have a mind of their own. So if you are a scribe, please always verify swimmers' names so that they correspond with the time entry you record. Timers, please help the scribes in this endeavor.**

Awards/Ribbons – Younger kids (typically under 8) get heat ribbons in their events. Kids who place 1st-6th will be awarded meet ribbons. Personal best ribbons will be awarded to those who got time improvements over their previous official meet times. Note: this is after we do a time conversion (our pool is a meter pool, away pools are yard pools). Please check the ribbon box at the pool this week.

Home Meet – This week's meet will be at our pool. Please remember the following:

- Please volunteer for the home meet.
- Swimmer events will be posted during practice. Check your child's entries if they are to attend the meet. Contact a board member for corrections. **Complete Missing a Meet form if required.**
- **Sign in** by 7:00 AM or you may be scratched.
- Bring a pop-up tent and chairs, sunscreen, drinks, snacks (concessions available).
- **NO OTHER TEAM SUITS/CAPS OR WATER POLO SUITS ALLOWED. OFFICIALS CAN DISQUALIFY YOU FROM PARTICIPATION.**

Other

- Mid-summer invitational this year will be **Pentathlon**. This meet will be for those who meet qualifying times in each stroke as well as the IM. Coaches/board will notify those who qualify. This meet is at the expense of the swimmer (\$25 entry fee).
- Per NWAL, Divisional meet requires participation in at least 2 dual meets during the season.