

UPCOMING EVENTS

5/18-22 – **VOLUNTEER SIGN-UP**
May 22 – Pep Rally at 7:30 pm (**Weather Permitting**)
May 23 – 1st AWAY Meet vs. Norchester
(Sign-in 7:15 AM; Warm-ups 7:30 AM)
May 24 – Spirit Day @ Orange Leaf –All Day
(Beltway 8 at West Road)

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 23 rd	AWAY	Norchester
May 30 th	HOME	Blue Marlins
June 6 th	HOME	Ravensway
June 13 th	AWAY	Concord Bridge
June 14 th –ish	Potential	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

1st Home Meet—It was so good to see everyone swimming their hearts out and cheering on the team to victory. The kids did such a wonderful job and had a lot of fun doing it! Many thanks to all of the volunteers who really stepped up to help out and make the event such a wonderful success.

Pep Rally—To be held under the pavilion (concession stand area) after this Friday's practices. It is a good chance to mingle with other families and participate in team cheers and watch the kids do some fun swim relays. Bring your drinks, chairs, and desserts. The team will provide the pizza!!!

Awards/Ribbons – Younger kids (typically under 8) get heat ribbons in their events. Kids who place 1st-6th will be awarded meet ribbons. Please check the ribbon box at the pool this week.

First Away Meet

- Volunteering is still a requirement for away meets. Mainly timers, scribes, ready bench, and star search opportunities will be needed. We are getting closer to merging the sites and offering an integrated online sign-up platform. Please bear with us through this transition.
- Swimmer events will be posted during practice for the away meet. Parents, please quickly check to make sure your child has entries if they are to attend the meet. If corrections needed, please contact a board member. **Be sure to complete Missing a Meet form if required.**
- Pool directions and parking instructions will be available at pool and emailed during the week.
- **You must sign in by 7:30 AM or you may be scratched.** Text a friend or board member if you are running late so that you will not be scratched.
- Bring a pop-up tent and chairs, sunscreen, drinks, snacks (concessions should be available).
- **NO OTHER TEAM SUITS/CAPS OR WATER POLO SUITS ALLOWED. OFFICIALS CAN DISQUALIFY YOU FROM PARTICIPATION.**

Other

- Per NWAL, Divisional meet requires participation in at least 2 dual meets during the season.
- You should have received an email regarding **Remind** to get pertinent news updates.