

Star News

UPCOMING EVENTS

May 11th-15th VOLUNTEER SIGN-UP
May 15th – Pep Rally at 7:30 pm (Fun swim relays, Cheers, Pizza) Bring your drinks/chairs.
May 16th – 1st Dual Meet vs. Winchester (Warm-ups / Sign-in at 7:00 AM)
May 17th – Spirit Night @ Backyard Grill from 4:00-Close (9453 Jones Rd, 77065)

HEAT SHEET ADS

Interested in having a personal or business add in our heat sheets? Please contact Amanda at amanda.muske@jvstars.com
**** Please note that personal & business ads are only in Heat Sheets for Dual Home Meets.**

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.

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 16 th	HOME	Winchester
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 Mid-Summer Invitational	
June 20 th	HOME	Divisionals
TBD	Ponderosa Invitational	
TBD	End-Summer Invitational	
**need qualifying times for invitational meets		

HELPFUL INFORMATION

Time Trials—We had a great Time Trial Meet. Thanks to all the volunteers who made it happen!!!

- If you missed the meet, we will be having make-up trials on Monday and Tuesday. **Come any time between 4:00-7:00 pm** to get your necessary times for your appropriate age group.
- **If you do not have a time, you will be unable to enter a dual meet event 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.
- **All JV Stars parking is to be done at Post Elementary** by the pool (nearest to our team area).
- 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.
- Bring a pop-up tent and chairs, sunscreen, drinks, snacks (concessions will be open).
- Swimmers move from Star Search to Ready Bench to Blocks to Racing.
- Per NWAL, no other swim team insignia on caps other than current team (No Fleet, Schools, etc.)
- Coaches determine who swims which event.

Other

- Per NWAL rules, swimmers cannot swim in the Divisional meet unless they swim in at least 2 dual meets during the season.
- Trash (mainly food wrappers) has been getting into the pool pumps. Please be mindful in making sure your children's trash ends up in the trash cans so that we not only protect our valuable pool equipment but also maintain an area that sets a good example with the city.