

PONDEROSA WESTADOR

Summer Swim Team

DIVISIONAL PEP RALLY
POOL PARTY 6/15
AT THE CALI POOL

Meet Schedule

6/4 HOME @ Huntwick

6/11 Away @ Terranova
West

6/18 Divisional—Location
TBD

----> all HOME meets held
at Westador Cali Pool

Board of Directors

President

Jennifer Drake

President Elect - Tracie Burnham

Treasurer

James Siekas

Secretary - Michelle Moore-Wehe

Volunteer Coordinator

Amanda Westfall

Historian

Jason Ellington

Remember that what makes a swimmer a champion is not his ability to swim fast, but his ability to work hard.

President Post:

DON'T FORGET PEP RALLY IS TONIGHT AT THE CALI POOL 4-7. WE WILL HAVE FREE SWIM, PARENT RELAYS AND ACTIVITIES FOR THE KIDS.

PI IS ALMOST HERE AND WE NEED EVERYONES HELP WITH SUPPLING WATER TO THE OFFICIALS. PLEASE EITHER BRING A CASE OF WATER OR A \$5 DONATION.

DIVSIONALS

DIVSIONALS
WILL BE HELD
AT KLEIN HIGH
SCHOOL.

16715 STUEBNER AIRLINE

WE WILL BE
SETTING UP ON
FRIDAY FROM 7
-9PM SO WE
NEED EVERY-
ONES HELP!

THANK YOU!!

Team Parents of 10 & Under: We need your help with set-up at every meet.

Team Parents of 11& Up: We need your help with tear down at every meet.

PLEASE do not set-up personal tents until after the Team Areas have been defined and team tents are set-up.
Thank you for your help!

What's
for
lunch? ★

DIVSIONAL
MEAT

It's
delish! ★

What if?

text 832-259-1170

What if your child is sick Friday night, or wakes up with a fever Saturday morning?? It's VERY IMPORTANT that a text be sent to Coach Judy ASAP letting her know that your child will not be at the meet, so that she can update relay line-ups.

COMMUNICATION is crucial to our team running smoothly -- website, eBlast!, and Facebook are all ways that the PWST Board works to stay in touch with swim team families.

PWST will be utilizing two websites this season.

www.pfw.swim-team.us -- this is a secured site that parents will use for volunteer and RSVP sign-up for every meet, otherwise the coach will not know you will be attending. Also, the secured site will show swim meet results. Sign up with the email address you registered with. Password: GOTEAM

If you cannot log in, see a Board Member at practice, or send an email to gopiranhas.org@gmail.com
www.gopiranhas.org -- will continue to be maintained and will eventually be redirected to the new website.



PIRANHA CHEER!!!

PACK ATTACK, PACK ATTACK, PACK ATTACK
PACK ATTACK, PACK ATTACK, PACK ATTACK

WE ARE THE PIRANHAS

WE EAT MEET

WE SWIM FAST

CAUSE WE HAVE WEB FEET

WE ARE THE PIRANHAS

WE EAT DOLPHIN MEET

GOOD LUCK TO YOU

IN THIS SWIM MEET

MUNGA, MUNGA, MUNGA

MUNGA, MUNGA, MUNGA

LET'S GO EAT!!!

TEAM WEBSITE

www.pfw.swim-team.us

Sign up with email address you registered with. Password: GOTEAM. The website will quickly prompt you to reset your password, if you have forgotten your password please click the "forgot password" on the log-in screen and it will email you your password.

EAT MY
BUBBLES!



Swim Meet Check List BE SURE TO LABEL ALL OF YOUR ITEMS.

- Towels (bring at least two per swimmer)
- Goggles
- Team T-shirt (wear it to the meet)
- Team Suit (wear it to the meet)
- Chair or Blanket to sit on
- Something to occupy your time such as a games, books, markers, music
- Cooler with healthy snacks & drinks (plenty of water)
- Sunscreen
- Bug Spray
- Dry clothes



What is PI? **Ponderosa Invitational** is THE Championship meet of the Season. We have hosted this event for the past 45 years. The meet welcomes the best swimmers in the league, plus it is the only fundraiser for our team.

This event must be a success for the team to continue to operate and provide low registration cost.

This years PI will be held at Klein Oak. As the host we provide meals to the officials and coaches in attendance as well as drinks for all the volunteers. We ask that every family donate a case of water to help defray some of the cost.

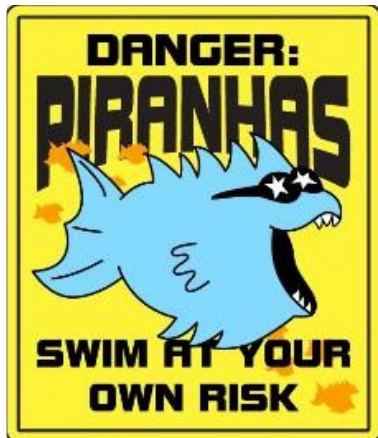
REMEMBER....VOLUNTEERING for this meet is part of registration and each family is **required** to volunteer a minimum of 8 hours.

We will provide the online volunteer sign-up in the next week or so.

SOME OF OUR PI QUALIFIERS SO FAR ARE

AMY NGUYEN, MADDIE NGUYEN, ELOISE WILLIAMSON, AUDREY HUYNH, ELIZABETH BURNHAM, CALEB HUYNH, SPENCER SIEMER, ALYSSA TAVERAS AND SAMANTHA BARRAZA

> drink water, drink water, drink water <



Some of the best foods to take to a meet are pasta, cereals, bagels, breads, fresh fruits, sliced veggies, and lean protein. Be smart, eat right! Save the heavy foods for after the meet.

Swim Practice Schedule

MONDAY-FRIDAY
HIGH SCHOOL 7AM-8:15
MIDDLE SCHOOL 8:15AM-9:15
ELEMENTARY 9:15AM—10AM

Swim Meet Procedures At a Glance Saturday, June 4th 2016

ARRIVAL: 7:00AM
and CHECK-IN NO LATER THAN 7:15AM.

Look for check-in table in team area. PARENTS, please check-in at the same table with the swimmers for your volunteer assignment.

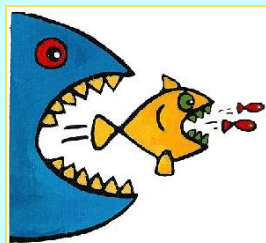


WARM-UP INFO:

Coaches will call swimmers to warm up.
1st Warm-up - 10 & under
2nd Warm-up - 11 & up
Team Cheer!

Swimmers need to remember there is No diving at the beginning of warm-up. Feet first entry ONLY!

Swimmers will not be up with older group, with your age group.



allowed to warm-up you must swim

Parents, We value your input, but there is a time and a place to talk to coaches, and during practice is not it. Please do not approach coaches during practice unless its an emergency. Our first priority is the safety of your swimmers and if we being pulled away from the deck to discuss individual swimmers we are putting other swimmers at risk. If you have comments or concerns please wait until the end of practice or write us a note and we will address your concerns.

All swimmers want to succeed at a meet. It is difficult to succeed in any sport if you don't attend practice. Please make sure your swimmer attends as many practices as possible to be successful at their meets.

Please note 5/5 practices is 100%
4/5 practices is 80%
3/5 practices is 60%
2/5 practices is 40%
1/5 practices is 20%

Coaching Staff
JUDY SIEMER
TORI WOODRUFF
SAM WINDHAM