

# 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:

PLEASE LET COACH JUDY KNOW IN ADVANCE OF ANYTHING THAT MIGHT CONFLICT WITH YOUR CHILD ATTENDING A MEET.

If she doesn't know then we will be counting on your child to swim. The meet runs smoother when we know in advance!

## HOME VS HUNTWICK

PLEASE DO NOT  
PARK AT THE  
POOL PARKING  
LOT OR SUR-  
ROUNDING  
STREETS OUT  
OF COURTESY  
TO RESIDENTS.

PARKING IS AT  
800 PEAKWOOD  
IN THE GARAGE

POOL PARKING  
IS FOR COACH-  
ES /OFFICIALS

**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?

PATRIOT MEAT

It's  
★  
delish!

## What if?

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.

text 832-259-1170

**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.

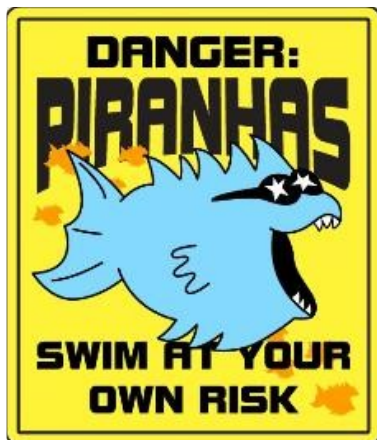
SOME OF OUR PI QUALIFIERS SO FAR ARE

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

# Coach's Corner

Please keep your swimmer from running around during a swim meet. The team provides age group tents and we encourage all swimmers to sit under their age group tent during all meets. In order for your swimmer to improve, they need to stay HYDRATED! Stay AS cool AS possible.

## > 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**

**Mondays**  
3:30-4:15 - 15-18 year old  
4:15-5:00 - 10 & under  
5:00-6:00 - 11/12 & 13/14

**Tuesday-Friday**  
8 & under - 4:15-5:00  
9-12 - 5:00-6:00  
13 -18 - 6:00-7:00

### 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.

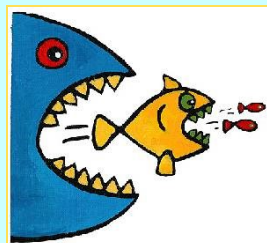


#### WARM-UP INFO:

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