

PONDEROSA WESTADOR

Summer Swim Team

Upcoming Events:

5/24- Team Pictures
starting at 5:00pm

5/30— Memorial Day No
Practice

Divisional Pep Rally

Meet Schedule:

5/21 home vs Klein-
wood

5/28 Away Greenwood Forest

6/4 Away @ 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

**Arrival Time: 7:00
am and Check In
Time No Later Than
7:15 am. Please be
ON TIME!**

President Post:

Welcome back TEAM! We are glad to see our returning families and excited for our new piranhas to join us. Our team is about 85 swimmers strong, and we are ready for our first meet at home. Remember to do your best and Have FUN!!!

Parents, we need volunteers to run an effective meet so please sign up not only to fulfill your volunteers duties, but to help make every meet a success for all our kids. If you have any questions please do not hesitate to ask any board member on deck or email us.

HOME SWIM VS KLEINWOOD

**If you want to participate in Summer Heat we
need your registration and fee by Friday 5/20.
Team photos will be 5/24 at the Cali pool**

Parking: Please do not park in the pool parking lot which is reserved for coaches and officials or on the surrounding streets, out of courtesy to the residents. Parking will be in the garage at 800 Peakwood.

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?**

**DOLPHIN
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 44 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.

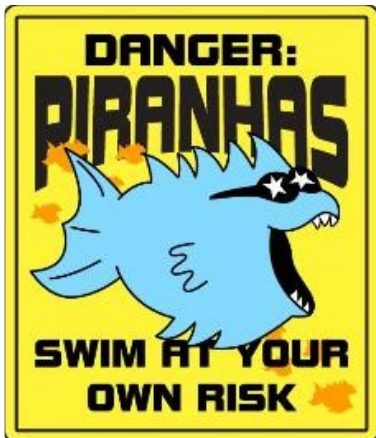


2015

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, May 16, 2015

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.

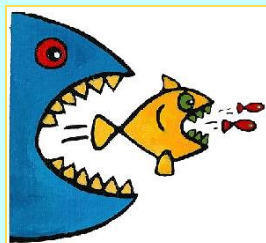


WARM-UP INFO:

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