PONDEROSA WESTADOR Summer Swim Team

Issue One May 12,

Upcoming Events:

5/11-5/12 Team Swim Suit orders @ Cali Pool.

5/14 Sat.- Away at High Meadow Ranch 6:45AM

5/24 Tues. - Team Photos

5/30-Memorial Day No Practice

6/15 Divisional Pep Rally

Meet Schedule:

5/14 AWAY at High Meadow Ranch

5/21 Home vs. Kleinwood

5/28 Away @ Greenwood

6/3 Home vs. Huntwick

6/10 Away @ Terranova West

6/17 C5 Divisional—Location

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

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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 swim meet this Saturday vs. High Meadow Ranch. 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.

AWAY SWIM MEET VS. HIGH MEADOW RANCH MUSTANGS

FIRST MEET OF 2016!!!! Saturday May 14th!!!
Pool address: 811 High Meadow Ranch Drive
Magnolia, Tx 77355

Parking: Please park in designated areas only.

Arrival Time: 6:45 am and Check In Time No Later Than 7:00 am. Please be ON TIME!

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?

Mustang 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.

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.

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.

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.

PONDEROSA INVITATIONAL 2016

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

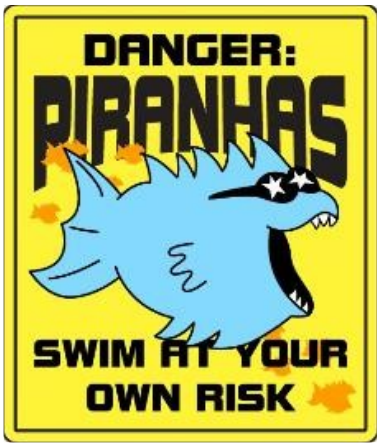
This years PI will be held at Klein Collins HS. As the host we provide meals to the officials and coaches in attendance as well as drinks for all the volunteers. We ask that every family donate a case of water to help defray some of the cost.

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.

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

Monday's Only

3:30 - 4:30 High School
4:30 - 5:10 Elementary
5:10 - 5:50 Middle School

Tuesday - Friday

4:15 - 5:15 High School
5:15 - 6:00 Elementary
6:00 - 7:00 Middle School

Swim Meet Procedures At a Glance

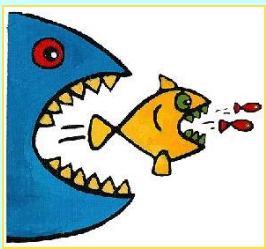
Saturday, May 14, 2016

ARRIVAL: 6:45AM
and CHECK-IN NO LATER THAN 7:00AM.
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 allowed to warm-up with older group, you must swim with your age group.



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