

PONDEROSA WESTADOR

Summer Swim Team

Issue Five June 13, 2015

Upcoming Events:
6/18 Divisional Pep Rally

Meet Schedule:

6/13 Away @ Greenwood Forest

6/20 Divisional at Klein High School

6/27 & 6/28 Ponderosa Invitational

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

Board of Directors

President

Jennifer Drake

President Elect - Tracie Burnham

Vice President -

Kathleen Coleman

Treasurer

James Siekas

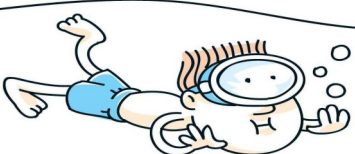
Secretary - Stephanie Rues

Volunteer Coordinator

Amanda Westfall

Historian

Jason Ellington



Ponderosa Westador Piranhas 327

Wimbledon Killer Whales 297

Wow! What an AWESOME win by our Piranhas!!!

AWAY MEET vs. Greenwood Forest Breakers

Swim Meet Procedures At a Glance -- Saturday, JUNE 13, 2015

EVERYONE SHOULD ARRIVE NO LATER THAN 7:00AM

Swimmers and Volunteers to CHECK-IN NO LATER THAN 7:15AM
at team check-in table in team area.

WARM-UP TIMES BEGIN @ 7:30

10 & under: First Session 11 & up: Second Session

Swimmers are not allowed to warm-up with older group, you
must swim with your age group.

-----> **PARKING INSTRUCTIONS** <-----

Please park on the Lodge Creek side of the clubhouse,
visiting teams will have their own gate to enter the
pool area. Parking behind the Fire Department is
reserved for Greenwood Forest families.

DO NOT PARK at the Cypress Creek Hospital across from the pool -- you will be towed! Thanks for your

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

Oh, so Coach Judy is your



favorite coach too?!

**EAT MY
BUBBLES!**



we need
you to
volunteer!



We are in need of first and second shift TIMERS, ready bench helpers. Ready bench volunteers are greatly needed so that our kids don't miss out on events and so relays kids are where they need to be. Parents sign-up to volunteer for every meet your swimmer will be able to attend.

INTERESTED IN SWIMMING PENTATHLON?

MEET DATE: SUNDAY JUNE 14TH
PLEASE SEE MEET INVITE FOR QUALIFYING
TIMES. YOU MUST SWIM ALL FIVE EVENTS
(FLY, BACK, BREAST, FREE and IM) WITHIN
THE CUMULATIVE QUALIFYING TIME.
DEADLINE: MONDAY, JUNE 8TH, 2014
COST IS \$25 PER SWIMMER



Thank you to EVERYONE that helped set up and clean up, cleaned bathrooms, moved chairs, moved benches, and picked up trash!!! We really appreciated everyone stepping up!!! It made the swim meet run smoothly!!! We received compliments from the other team at how well the meet was ran!!! Again, We thank you for all your help, We can't do it with out ya'll!!!!
The Swim Team Board

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.



PEP RALLY is
around the corner
READY! OKAY!

WEDNESDAY JUNE 17TH FROM 4PM TO 7PM

>> RSVP IS LIVE ON THE WEBSITE!!! <<

We will need families to sign-up for salads, chips,
dessert & drinks.

RSVP NOW AT: WWW.PFW.SWIM-TEAM.US

Coach's Corner



MORNING PRACTICE

Swim Practice

Schedule

Mondays

7-8:15am - 13 & UP

8:15-9:15am - 9/10 & 11/12

9:15-10:00am - 8 & under new 9/10



PEP-Rally

We want to see exactly how much spirit you really have. Coaches are taking sign-ups for the following categories: best poster, best cheer/skit/song, best bike/hair/hat/pet/t-shirt.

DID WE MENTION COACHES ARE DOING A SKIT?

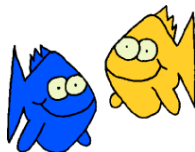
YOU
WANT
MISS

DON'T
TO
OUT



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



PI Qualifiers

Girls:

Alyssa Taveras at Summer Thunder for 50 fly

Amy Nguyen 25 back

Maddie Nguyen 25 back

★
What's
for
lunch?

BREAKER
MEAT
It's
delish!



Coaching Staff

Judy Siemer

Taylor Adams

Deandra Taboada-Lopez



www.PonderosaInvitational.org



PARENTS,
please note
that we are a
month away
from hosting
the Ponderosa
Invitational.

We need ALL

families to submit their \$200 volunteer check deposit. This is a requirement as part of your swimmers registration. Remember this check is not cashed unless you fail to volunteer at least 8 hours during PI. Volunteering is part of what is expected of parents and part of the registration. We are not interested in cashing the \$200 volunteer deposit, we need able bodies to help out during this meet. If the volunteer check deposit is not received your family will not be invited to attend the end of the season awards celebration. The team has financial obligations & this is our **ONLY** fundraiser so **YOUR** volunteer time is what the **TEAM NEEDS!!!**.



Personal and business ads are selling now for the 2015 PI Heat Sheet Program Book that is sold and distributed on both days of PI. Cheer on your favorite swimmer, thank your fabulous coaches, be a bigshot by sponsoring an event. Only camera ready ad will be accepted. . (.jpg formats only, no .pdf)
DEADLINE IS SUNDAY, JUNE 21, 2015

PI COACHES BAGS

We need small donated items in quantity of 100-150. These bags are compiled and sold to coaches that attend PI. Examples are power bars, koozies, sunglasses, highlighters, pens, snacks, notepads, hard candy, trinkets, etc.

EACH FAMILY IS ASKED TO DONATE A CASE OF WATER FOR P.I.

You know how we urge our swimmers to hydrate during every meet? Our deck volunteers and officials need to stay hydrated during PI, as well. Please bring a case of bottled water labeled with your family's name to the pool during practice beginning this week. "Oh, my aching back!" you say? You can donate \$5.00 instead, and someone else will do the heavy lifting for you!

Whether it's water you bring or a donation you make, see one of our Swim Team Board Members.



water, water, water -->



45th Annual Ponderosa Invitational

Championship Meet since 1971

Hosted by Ponderosa Westador Swim Team

Program/Heat Sheet Advertisement Pricing and Ad Options for NWAL Teams and Personal Ads

SPIRIT SQUARES -- size appx. 2.25" x 2.25" -- \$15 EACH

Use your wording, we add color and clipart to create a personalized shout out for your swimmer, coach, teammate, or team. _____→

EVENT SPONSOR -- (up to 3 lines) -- \$5 PER EVENT

Parents (or any family member) can show their support by sponsoring an event for their special swimmer. You can say something swim related (not, Susie Clean Your Room). Event Sponsor ads may be turned in with team registration information. Events will be designated on a first come, first served basis.

Please include the following information:

Event Number _____
Event Description _____
Line 1 _____
Line 2 _____
Line 3 _____

Example

Event 10 Girls 11-12 50 Yard Freestyle
Sponsor: Ken & Barbie Doll
Barbie rules the pool! Love Mom & Dad
PI RECORD: 26.42 7/1/1998 NATALIE MILLER - OCV
Meet Qualifying: 29.55

Lane	Name	Age	Team	Seed Time
Heat 4 Prelims				
1	Barbie Doll	11	PF	27.29
2	Your Swimmer	12	FMKP	27.21
3	Your Swimmer			
4	Your Swimmer			

FULL PAGE TEAM SPIRIT PAGE -- size appx. 7.5" x 10.5" -- \$100 EACH

HALF PAGE TEAM SPIRIT PAGE -- size appx. 3.75" x 5.25" -- \$50 EACH

Show your team spirit here!! Ad must be JPEG format, NO PDF ads can not be used.
Get fun and creative with your swimmers' names, team logo, or use your full team photo, etc.

Submit all ads to: PI_Ads@gopiranhas.org

Team Name: _____ Contact Name: _____

Phone 1: _____ Phone 2: _____ Email: _____

AD DEADLINE:
FRIDAY, JUNE 19

Submit Questions and Ads to: PI_Ads@gopiranhas.org
Ad File Format: .jpg only (.pdf ads cannot be used)
Payment must be received by deadline, or ad will not be placed.

ORDER SUMMARY

EVENT SPONSOR..... Qty ____ x \$5 = \$_____
SPIRIT SQUARE..... Qty ____ x \$15 = \$_____
FULL PAGE. Qty ____ x \$100 = \$_____

ORDER TOTAL ----->

*Make checks payable to PFST.
Please give order form and money to one of the
Swim Team Board Members.*