

PONDEROSA WESTADOR

Summer Swim Team

Issue Two May 23, 2015

Upcoming Events:
5/25 Memorial Day
No Practice

5/26—Team Picture Day

6/ 8 Morning Practice begins

6/18 Divisional Pep Rally

Meet Schedule:
5/23 AWAY vs.
Huntwick

5/30 Away @ Cypresswood
Sharks

6/6 Home vs. Wimbledon Kill-
er Whales

6/13 Away @ Greenwood
Forest

6/20 Divisional TBD

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

Board of Directors

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Jennifer Drake

President Elect - Tracie Burnham

Vice President -

Kathleen Colman

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James Siekas

Secretary - Stephanie Rues

Volunteer Coordinator

Amanda Westfall



Ponderosa Westador Piranhas 335

Kleinwood Dolphins 282

What a fabulous swim meet! Amazing job, Piranhas!
You definitely ruled the pool! What a great start to the season!

AWAY MEET vs. Huntwick Patriots



Saturday May 23, 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 Ups

10 & Under

11 & Up

Team Cheer

We have a change in venue this week.
Huntwick will be
hosting the swim meet!

Pool Address: 5300 Coral Gables Dr.
Houston, Tx 77069

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

Limited Parking, Mostly on the street for our team. Please be
mindful of the residents property when parking.

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



OPTIONAL SWIM MEET

Sunday May 31st & Monday June 1st (12& up)

at Summer Creek High School

**ENTRIES ARE DUE NO LATER THAN
THIS SATURDAY BY END OF THE MEET**

Parents please RSVP and under comments NOTE the events to be entered. Swimmer will only be entered if payment has been received. Meet details can be found on our team website under swim meets and find meet documents. All entries will be done by Erika using our on-line team website.

TEAM WEBSITE

www.pfw.swim-team.us

Each family should be registered by now with our secure site. Sign up with email address you registered with.

Password: GOTEAM

Use website to sign up to volunteer and RSVP for every meet. If you are still having trouble logging-in please email erikajellington@gmail.com

PRESIDENT'S MESSAGE:

Hello, to all my Piranhas!

CONGRATS ON A JOB WELL DONE! We had an amazing first meet.

To all our new parents: You SURVIVED your first dual meet and the FUN has just begun.

The team is growing daily. We see parents coming and asking if we are still accepting registration and the answer is YES! If you have family friends that are interested in joining, have them stop by and talk to one of the board members.

To all those that volunteered this past Saturday, THANK YOU! This weeks meet is a HOME meet and we need all hands on deck. YOUR help is needed for Friday evening and Saturday morning set-up. We also need all families to stay after the meet to help us clean up. In order to run an efficient meet we have to have both shifts covered, so if you have not signed up, please do so today.

Thank You -- Jennifer Drake, Team President



Ponderosa Invitational PLANNING BEGINS NOW!!

We are looking for donations. We need small items for "PI bags". These bags are compiled and sold to coaches that attend PI. Donations of 100 –150 each are needed. Examples are power bars, highlighters, pens, snacks, notepads, or any type of spirit item you may have through your work or business are welcome.

We are also asking all families to donate a case of water. Please be sure to write your family name with a sharpie, as we would like to acknowledge all families on the PI program.

Also, if you are interested in placing an ad on the PI book please see a board member.

Coach's Corner

Swimmers must let coach Judy know before they leave a swim meet, and this applies to ALL swimmer not only those on a relay. It is important for swimmers to stay **HYDRATED!** Kids are not allowed on the playground during Saturday's meet. Save junk food to celebrate after the meet and not during. **Keep your swimmer under their age group tent during all meets!** The meets can be fun, but if we have to STOP a meet to wait and find/gather swimmers, its not so much fun. Please sign-up to volunteer. Its for all of OUR kids.

FUN FOOD IDEAS 4 A MEET

Fresh Fruit - Grapes (try them frozen!!) - Apples - Bananas - Cheese Sticks - Crackers with Cheese or Peanut Butter - Nuts or Trail Mix - Yogurt - Pretzels - Rice Cakes - sliced Watermelon - sliced Bell Peppers and Cucumbers - Celery sticks - Tuna or PBJ sandwich - LOTS of WATER!!

Team Picture Day—Tuesday May 26th!!!!

Please be at the pool at 4:30 to start individuals. **TEAM PICUTRE will be at 5:15.** We would like all swimmers to be present. Once the team picture is done, we will resume individuals.



PARENTS NIGHT OUT!!!



Join us for a fun night out
after our swim meet!



Saturday June 6th
7:00pm to ???

Barney's Billards
217 FM 1960
Houston, Texas 77090

Food will be provided, but if you would like to bring an appetizer to share, that would be awesome!
POOL, DARTS, FOOD, TV's



Swim Practice Schedule Mondays

3:00— 4:00 (15 & up)
4:15—5:00 (10 & under)
5:00—5:45 (11/12 & 13/14)

Tuesday-Friday

4:15 - 5:15 (15 & up)
5:15 - 6:00 (10 & under)
6:00 - 7:00 (11/12 & 13/14)

PI Qualifiers

Kennedy Ellington 100 free & 100 IM
Amy Nguyen 25 back & 25 butterfly
Elizabeth Burnham 50 breast
Spencer Siemer 100 free, 50 breast & 100 IM
Jalen Ellington 50 butterfly
Eon Cabrera 50 butterfly
Eloise Williamson 25 free, 25 back, & 25 butterfly
Maddie Nguyen 25 free, 100 IM, & 25 butterfly
Caleb Huynh 25 back

Congrats!