

# PONDEROSA WESTADOR

## Summer Swim Team

Issue One March 15, 2015

### Upcoming Events:

5/14 - Team Pictures  
starting at 4:00pm

5/25— Memorial Day No  
Practice

6/18 Divisional Pep Rally

### Meet Schedule:

5/16 AWAY at  
Kleinwood

5/23 Home vs. Huntwick

5/30 Away @ Cypresswood

6/6 Home vs. Wimbledon

6/13 Away @ Greenwood  
Forest

6/20 Divisional—Location TBD

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

### Board of Directors

#### President

Jennifer Drake

**President Elect** - Tracie Burnham

#### Vice President -

Kathleen Colman

#### Treasurer

James Siekas

**Secretary** - Stephanie Rues

#### Volunteer Coordinator

Amanda Westfall

#### Historian

### 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 80 swimmers strong, and we are ready for our first swim meet this Saturday vs. Kleinwood Dolphins. 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. information will be on the [pfw.swim-team.us](http://pfw.swim-team.us) website.

## AWAY SWIM MEET vs. KLEINWOOD DOLPHINS

**FIRST MEET OF 2015!!!! Saturday May 16th!!!**

**Pool address: 16530 Kleinwood Drive**

**Spring, Tx 77379**

Parking: Please do not park in the 6 spaces directly in front of the doors of the LDS Stake across street.

**Arrival Time: 7:00  
am and Check In  
Time No Later Than  
7:15 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!

**ALL PARENTS  
must volunteer  
at EVERY swim  
meet! If you  
have not  
signed up to  
volunteer,  
please sign up  
on the website  
ASAP! We can  
not run a  
successful  
meet without  
YOUR help!  
Please help us  
support our  
kids by  
meeting our  
volunteer  
hours, WE want**

# 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](http://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](mailto:gopiranhas.org@gmail.com)  
[www.gopiranhas.org](http://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!!!



### PRACTICE & MEET SET-UP CLEAN-UP & TEAM AREA

Practice: Please be sure to clean up your area before you leave practice. Please know that alcohol and smoking are not allowed inside the pool / club house area. This is not only a Westador Pool Rule but also part of the NWAL code of conduct you signed.

Meet Set-up: We need volunteers to help set-up the pool area before each meet.

MEN THIS IS A CALL FOR YOU!!

Team Area: The team will provide age group tents and ask that only swimmers and team parent sit in their age group tent.

Clean-up: After each meet we also need help cleaning up our team area. This is for home and away meets.

EVERYONE IS REQUIRED TO HELP.

### 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.



**2015**

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.

# 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

3:00— 4:00 (15 & up)  
4:15—5:00 (10 & under)  
5:00—6:00 (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)

### 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:

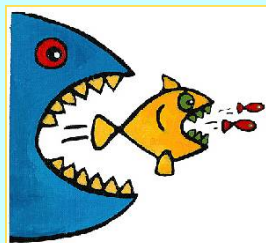
Coaches will call swimmers to warm up.

1st Warm-up - 10 & under

2nd Warm-up - 11 & up

Team Cheer!

Swimmers need to remember there is **No diving at beginning of Feet first ONLY!**



Swimmers will not

the warm-up entry

be allowed to

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%

What percent will you help your child achieve?

## Coaching Staff

Judy Siemer

Taylor Adams

Deandra Taboada-Lopez