

PONDEROSA WESTADOR

Summer Swim Team

Issue SIX June 19, 2014

Meet Schedule:

**6/21 Divisional at
Cypress Springs High
School**

6/28-6/29 Ponderosa
Invitational

Board of Directors

President

Vivian Cabrera

President Elect - Jennifer Drake

Vice President -

Tracie Burnham

Treasurer

Jason Ellington/James Siekas

Secretary - Kathleen Colman

Volunteer Coordinator

Heather Spencer

Historian

FRIDAY

Morning practices as scheduled, then all swimmers should REST all day, stay out of the heat and sun, eat super healthy foods and drink plenty of water to store the much needed energy for Saturday.

SATURDAY, JUNE 21

DIVISIONAL MEET

Do not leave the meet until you and your swimmer have talked to Coach Judy.

Swim Meet Procedures At a Glance -- Saturday, JUNE 21, 2014

**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.

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

Heat Sheets: Sold at concessions for \$5.00

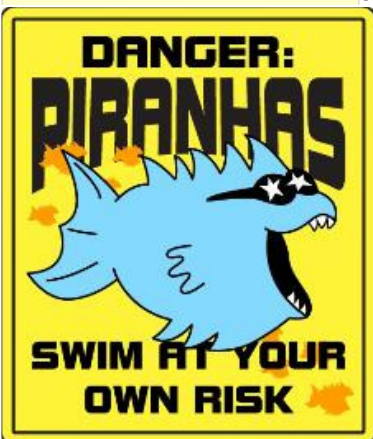
Divisional T-Shirt Logo: purchased on site...

prices start at \$14.00 for white short sleeve tshirt

Pool Address:

Cy-Spring High School Natatorium,
7909 Fry Rd, Cypress, TX 77433

(Location and parking maps are attached
after this page)



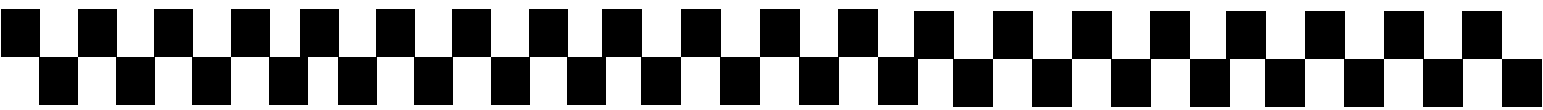
What if?

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

text 832.259.1170

child will not be at the meet, so that she can update relay line-ups.

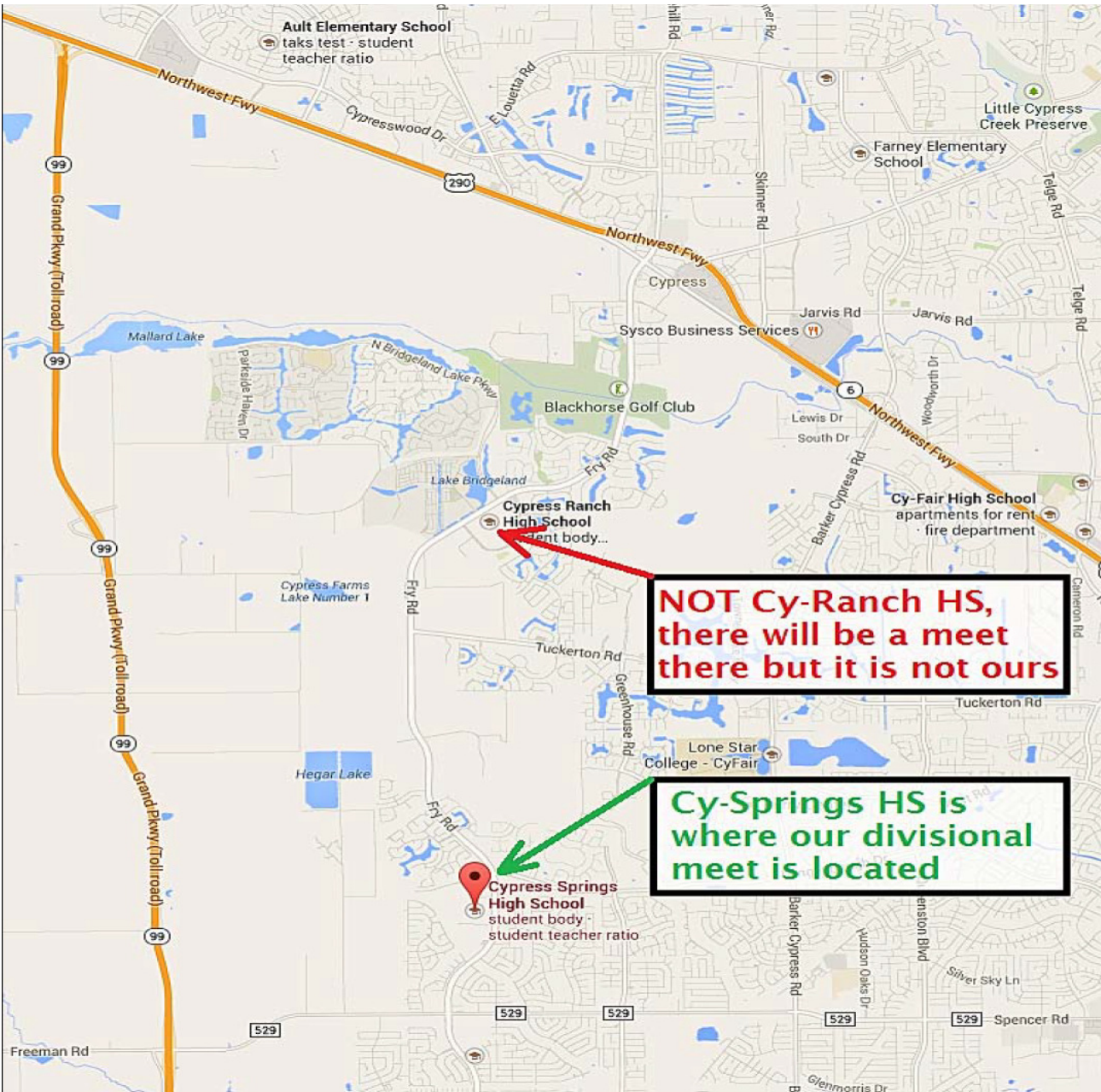


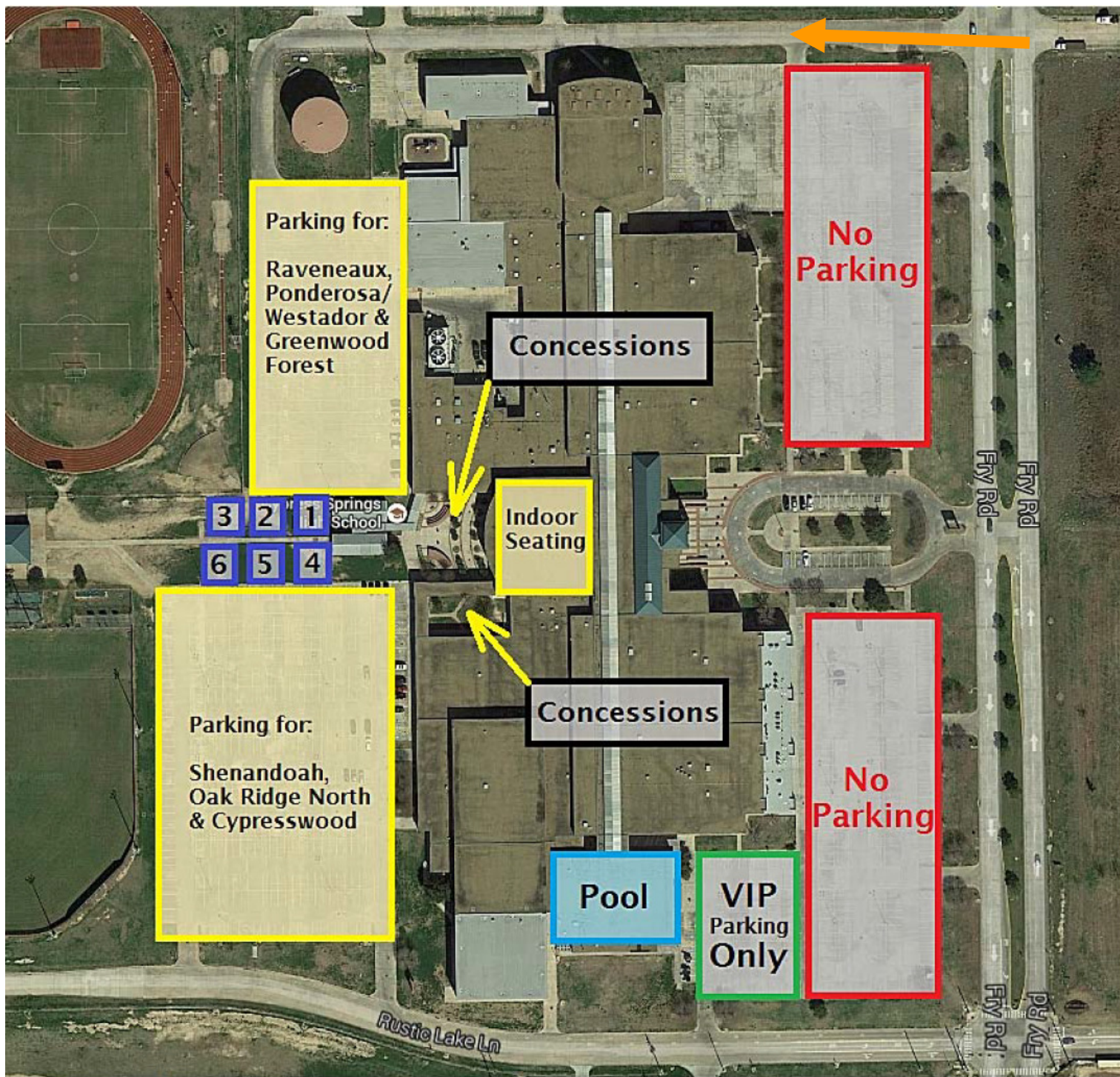
Directions: Take FM 1960 West, Longenbaugh. Turn Right on Longenbaugh Dr. and take it until come on Fry Road and turn Left. This is the fastest and shortest way to get to Cy-Springs High School.

If you decide to take 290 to Fry road, please notice that there are two schools on Fry Road. Also it is about 27 miles to go this route vs the 21 miles going using FM1960.

If you miss turning on Longenbaugh Dr, you can also take FM529/Spencer Road and take it until Fry Road, but this time you turn Right on Fry Road.

See next page for parking and team set-up.





Outdoor Team Set-up Areas:

- | | | |
|-----------------------------|--------------------------|----------------------|
| 1 Ponderosa/Westador | 3 Raveneaux | 5 Shenandoah |
| 2 Greenwood Forest | 4 Oak Ridge North | 6 Cypresswood |

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

*Please use the designated Parking LOT for Ponderosa Westador.
VIP Parking is for Parents carrying equipment used at the Meet
(Ready Benches, Scribe Chairs, Computer Equipment)*

Coach's Corner

PI Qualifiers

Girls:

Abby Nodine - 25 Free
Cameron Crawford - 25 Breast, 100 IM
Elizabeth Burnham - 50 Breast
Kennedy Ellington - 100 Free, 100 IM, 50 Back

Boys:

Eon Cabrera - 50 Fly
Cole Crawford - 50 Breast
Christopher Lestage - 100 Free, 50 Free, 50 Back,
50 Breast, 100 IM, 50 Fly
Zach Schmidt 50 Back
Cameron Siemer - 100 Free, 50 Free, 100 IM, 50 Fly
Spencer Siemer - 50 Free, 50 Back, 50 Breast,
100 IM, 50 Fly, 100 Free
Sam Windham - 100 Free, 50 Free, 50 Back 100 IM, 50 Fly

Piranha 



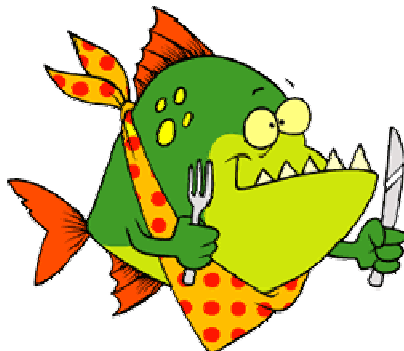
WAY
TO
GO!!!



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 SWIM PRACTICE

Begins Monday 6/23 until 6/27
Schedule

7-8:00am - 11 & UP

8:00-9:00am - 10 & under

What's for LUNCH?!!
Raveneaux Racers
Shenandoah Sharks
Greenwood Breakers
Oak Ridge Otters
Cypresswood Sharks

pi·ra·nha

[pi-ran-uh]

Any of several small South American freshwater fishes of the genus *Serrasalmus* that eat other fish and sometimes plants but occasionally also attack humans and other animals that enter the water.

They are known for their sharp teeth, powerful jaws, and voracious appetite for meat.



PONDEROSA WESTADOR

– Making memories since 1971 –



www.PonderosaInvitational.org



Ponderosa Invitational Swim Practice

Swim practice continues for swimmers and alternates entered in PI relays. If your swimmer has been in an A relay team, he/she is likely in the PI relay. If for any reason your swimmer is not available to swim on the relays please let Coach Judy know immediately.

A BIG THANK YOU to the families that have brought in their case of water and or cash.

ITS NOT TOO LATE. BRING IN YOUR CASE OF WATER.

We will be accepting cases of water all next week during PI practice.



DEADLINE IS THIS SUNDAY

Personal and business ads are selling now for the 2014 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 20, 2014



PARENTS, If you have not already signed-up please do so this by tomorrow.

We have many volunteer positions to fill, and we need your help and support.

If your teen needs volunteer hours for school organizations, have them fulfill their hours at PI.

PI set-up is Friday, JUNE 27. We need all hands to help set-up. If you are available please join us at Klein Oak from 1pm-7pm.



Our Ponderosa Westador Board thanks all the parent volunteers that have helped at our dual meets. Your services has not got unnoticed. This year our team size is considerably smaller, but many families have volunteered above and beyond the teams required amount of shifts.

To you we say
THANK YOU! GRACIAS! MERCI! DANKE! TAK!



44th 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 20

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.
 All orders must include contact information in the event there are questions, or issues with the ad.

ORDER SUMMARY

EVENT SPONSOR.....	Qty _____	x \$5 = \$ _____
SPIRIT SQUARE.....	Qty _____	x \$15 = \$ _____
FULL PAGE.....	Qty _____	x \$100 = \$ _____
HALF PAGE.....	Qty _____	x \$50 = \$ _____

ORDER TOTAL ----->> \$

Make checks payable to PFST, Inc.
SEND PAYMENT TO:
 PFST - P.O. Box 73525 - Houston, TX 77273