

PONDEROSA WESTADOR

Summer Swim Team

Issue Five June 10, 2014

Upcoming Events:

6/18 Divisional Pep Rally

Meet Schedule:

6/14 Away @ Cypresswood

6/21 Divisional at Cypress Springs High School

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

Board of Directors

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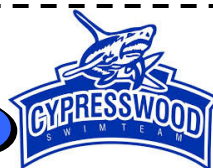
Historian

We win some we lose some.

Ponderosa Westador Piranhas 300 vs Oak Ridge North Otters 350.

We have one more meet before heading to the divisional meet, where we will get a second opportunity to eat a seafood salad: a little OTTER, and a lot of SHARK, and don't forget a side of Racer and Breaker Meet!

AWAY MEET vs. CYPRESSWOOD



Swim Meet Procedures At a Glance -- Saturday, JUNE 14, 2014

EVERYONE SHOULD ARRIVE
NO LATER THAN 7:30AM

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

WARM-UP TIMES

10 & under: 7:10 - 7:25

11 & up: 7:25 - 7:45

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

What's
for
lunch?

**SHARK
MEAT**

It's
delish!

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

Parking is available along each side of Cypresswood Dr.

Directions to the POOL

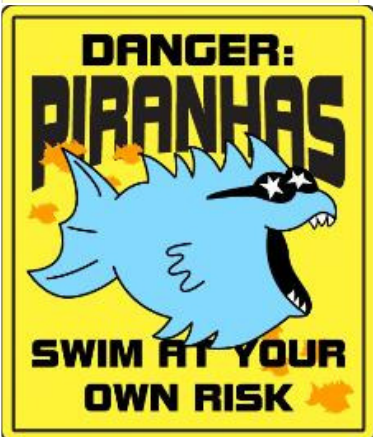
3705 Cypresswood Dr., Spring, TX 77388

From 1960 turn Right on Kuykendahl

From Kuykendahl turn Right on Cypresswood Dr.

There are two pools at Cypresswood.

If you are coming from Kuykendahl it's the second pool on the right.



What if?

What if your child is sick Friday night, or wakes up with a fever Saturday morning??

text 832.259.1170 *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.*



OPTIONAL SWIM MEET

June 15 & 16th

at Klein Oak High School

22603 Northcrest Dr, Spring, TX 77389

Sunday Warm-up times: 9:00-9:30am in Lane 8

Monday Warm-up times: 3:15-3:45pm in Lane 8

If you have not already paid please do so by Saturday.

Fees were \$5.00 per event and \$10.00 per relay..

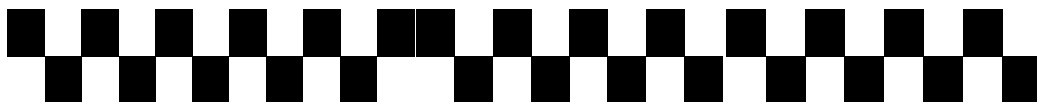
We need all families to sign up for their PI shifts.

Remember each family must serve at least 8 hours at this championship meet.

Don't wait until the last minute to sign up.

Hosting PI is privilege and its our only fundraiser. We need to be profitable in order to defray the cost of many items involved in managing the team. We have financial obligations such as coaches pay, pool rental, swimmer expense (t-shirts, caps, awards), and additional cost to run dual meets. WE can't stress enough how important this meet is for our team!

VOLUNTEER FOR PI -->



PEP RALLY!



JUNE 18, 2014

MUST RSVP BY SATURDAY AT:

WWW.PFW.SWIM-TEAM.US

THE FUN BEGINS AT 4:00 PM-- PEP RALLY/POOL PARTY

Get ready for some fun! Pool party will begin at 4:00 pm with the team providing Hot Dogs for those who RSVP. Pep Rally will follow at 6:00 pm.

Get your talent on at 6:30 pm!

Swimmers will perform their skits, cheers, acting or singing, show what they've decorated (posters, pets, hats, shirts, bikes, cars, hair, body, etc.)

Don't forget to bring your chairs, bug repellent, and towels!

(All children in the pool must be accompanied by an adult at all times.)

Coach's Corner

MORNING PRACTICE continues until 6/20

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



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

Piranha 

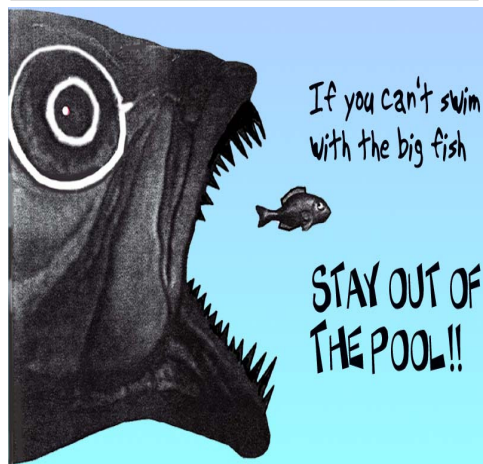
Yes - I made the 'A' Relay!



I ♥ Swimming



**OUR COACHES
ROCK!!**



PI Qualifiers

Girls:

Abby Nodine - 25 Free

Cameron Crawford - 25 Breast, 100 IM

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

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

I can FLY



What's your superpower?!



www.PonderosaInvitational.org



PARENTS,
VOLUNTEER
Sign-up is
NOW available
on-line..



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

IF YOU HAVE NOT SUBMITTED YOUR \$100.00 VOLUNTEER CHECK DEPOSIT NOW IS THE TIME. Volunteering is part of what is expected of parents and part of the registration.

We are not interested in cashing the \$100 volunteer deposit, we need able bodies to help out during this meet.

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

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.

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. Spirit item that you may have through your work or business are greatly appreciated.



WATER, WE NEED WATER!!

We are asking all families to donate a case of bottled water. Please begin bringing your case of water to practice. Make sure you label your case with your family's name as we will give a THANK YOU to all families that donate as a show of support! If you are not able to bring a case of water but would still like to donate, You can donate \$5.00 instead, and someone else will do the heavy lifting for you!



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