

PONDEROSA WESTADOR

Summer Swim Team

Issue Four June 7, 2014

Upcoming Events:

6/9 Morning Practice begins

6/18 Divisional Pep Rally

Meet Schedule:

6/7 Home vs. Oak Ridge North

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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CONGRATS ON ANOTHER WINNING WEEKEND!

NOW THAT'S SWIMMING!

Ponderosa Westador Piranhas 328

Greenwood Forest Breakers 309

HOME MEET vs. OAK RIDGE NORTH



Swim Meet Procedures At a Glance -- Saturday, JUNE 7, 2014

EVERYONE SHOULD ARRIVE NO LATER THAN 6:30AM
Swimmers and Volunteers to CHECK-IN NO LATER THAN
7:00AM

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.

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

All swim meet parking should be at 800 Peakwood @ Cali Drive.

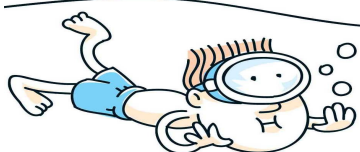
There is NO PARKING ALLOWED on Cali Drive or

Verret Lane (pool cul-de-sac).

The pool cul-de-sac will be used AS A SWIMMER DROP-OFF ONLY.

Please do not leave your car unattended, the area needs to keep moving to allow all parents the opportunity to drop off their kids.

DO NOT PARK at the Cypress Creek Hospital across from the pool -- you will be towed! Thanks for your help with making this a smooth meet.



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.



OPTIONAL SWIM MEET

June 8th & 9th
at Klein Oak High School
22603 Northcrest Dr, Spring, TX 77389

Sunday Warm-up times: 11:40-12:00 in Lane 8
Monday Warm-up times: 4:00-4:15pm in Lane 6

Entries and Fees due SATURDAY

INTERESTED IN SWIMMING PENTATHLON?

MEET DATE: JUNE 18TH (FATHER'S DAY)
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: SAT, JUNE 7TH, 2014 BEFORE THE END OF THE MEET. **COST IS \$25**



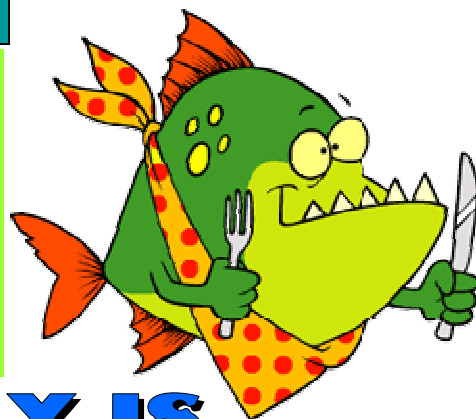
OPTIONAL MEET: See MEET INVITE for details. If you are interested in having your swimmer attend this optional meet please RSVP by June 7th and under comments NOTE the events to be entered. This is an optional meet and fees are as follows: **\$5.00 per event** and **\$10.00 per relay**. Fees must be paid by Saturday, June 7th.



We are in need of eight (8) second shift **TIMERS**, ready bend helpers, and verifiers. 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.



PEP RALLY IS AROUND THE CORNER READY! OKAY!

**>> ALL FAMILIES MUST RSVP BY SATURDAY, JUNE 14 <<
SEE ONLINE SIGN-UP FOR SALADS, CHIPS,
DESSERT & DRINKS.**

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

Coach's Corner



MORNING PRACTICE begins June 9th

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 DON'T WANT TO MISS OUT BUT YOU MUST RSVP.



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:

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

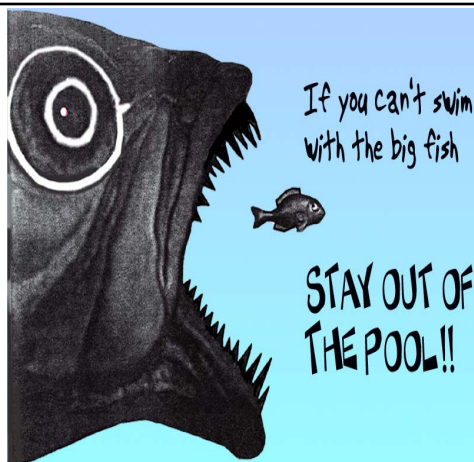
Christopher Lestage - 100 Free, 50 Free, 50 Back, 50 Breast, 100 IM

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





www.PonderosaInvitational.org



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

We need ALL

families to submit their \$100 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 \$100 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 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 22, 2014

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.

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 =>



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