

PONDEROSA WESTADOR

Summer Swim Team

Issue Three May 30, 2014

Upcoming Events:

6/9 Morning Practice begins

6/18 Divisional Pep Rally

Meet Schedule:

5/31 Away @ Greenwood Forest

6/7 Home vs. Oak Ridge

6/14 Away @ Cypresswood

6/21 Divisional at Cypress Springs High School

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

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Ponderosa Westador Piranhas 282

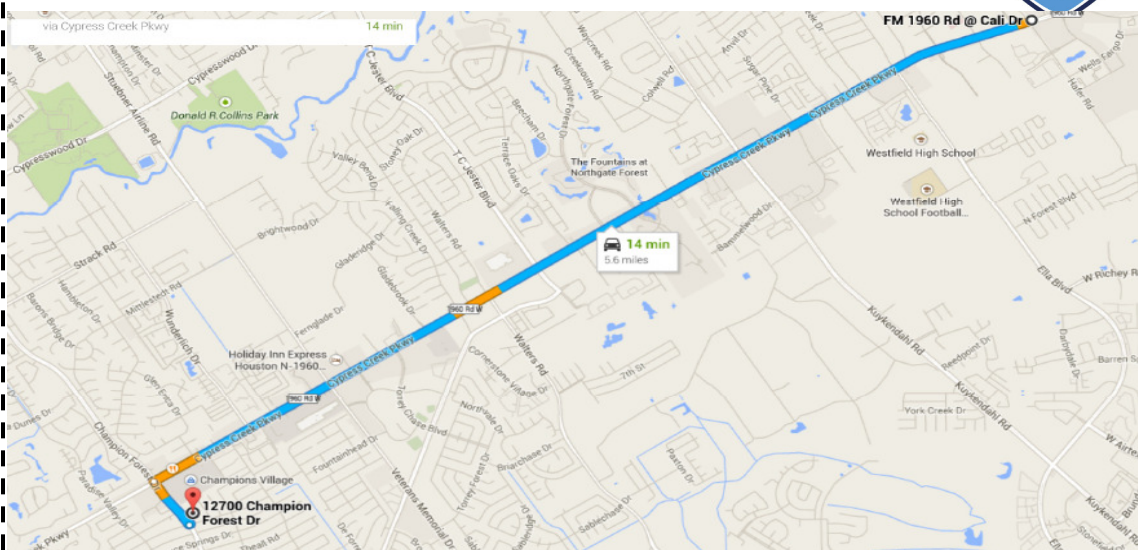
Shenandoah Sharks 359

Great effort by all. This was a tough meet! There were some great swims out there. Don't worry, Piranhas, we'll Munga, Munga, Munga them at Divisionals!!

AWAY SWIM MEET vs. GREENWOOD BREAKERS

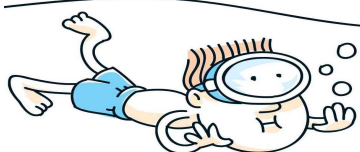
5/31 MEET - Pool address:

12700 Champion Forest Dr, Houston, TX 77066



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

Please park on the Lodge Creek side of the clubhouse, visiting teams will have their own gate to enter the pool area. Parking behind the Fire Department is reserved for Greenwood Forest families.



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

**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

By now everyone should have access to the team website. For questions please contact erikajellington@gmail.com

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
THREE second shift TIMERS
and **TWO** second shift ready
bend helpers. 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.

**we need
you to
volunteer!**



**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

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-UP TIMES

10 & under: 7:30 - 7:45

11 & up: 7:45 - 8:00

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

MORNING PRACTICE
begins
June 9th

Swim Practice Schedule Mondays

3:30-4:15 - 15-18 year old

4:15-5:00 - 10 & under

5:00-6:00 - 11/12 & 13/14

Tuesday-Friday

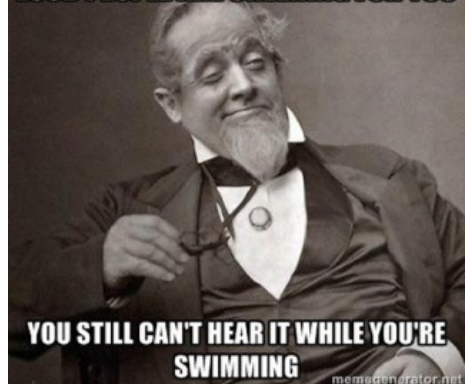
8 & under - 4:15-5:00

9-12 - 5:00-6:00

13-18 - 6:00-7:00

**PLEASE RSVP YES OR NO
TO ALL MEETS and
PEP RALLY**

**IT'S FUNNY HOW NO MATTER HOW
LOUD PEOPLE ARE CHEERING FOR YOU**

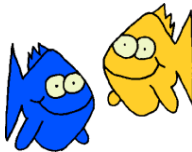


Yes - I made the 'A' Relay!



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)



PI Qualifiers

Girls:

Cameron Crawford - 25 Breast, 100 IM, 25 Back

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

Zach Schmidt 50 Back

Cameron Siemer - 100 Free, 50 Free, 50 Fly

**Spencer Siemer - 50 Free, 50 Back, 50 Breast,
100 IM, 50 Fly**

Sam Windham - 100 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 =>