

PONDEROSA WESTADOR

Summer Swim Team

Issue Two May 22, 2014

Upcoming Events:

5/26 Memorial Day

No Practice

6/9 Morning Practice begins

6/18 Divisional Pep Rally

Meet Schedule:

5/24 Home vs.

Shenandoah

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

Board of Directors

President

Vivian Cabrera

President Elect - Jennifer Drake

Vice President -

Tracie Burnham

Treasurer

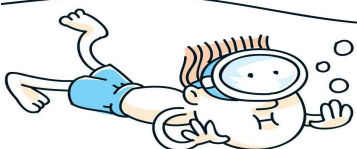
Jason Ellington/James Siekas

Secretary - Kathleen Colman

Volunteer Coordinator

Heather Spencer

Historian



Ponderosa Westador Piranhas 379

Raveneaux Racers 260

What a fabulous swim meet! Amazing job, Piranhas!
You definitely ruled the pool, and times are dropping
all over the place! Feels good, doesn't it?!!

HOME MEET vs. Shenandoah Sharks



Swim Meet Procedures At a Glance -- Saturday, May 25, 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 - 7:40

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

Let's catch some sharks -- we ain't skeered!!



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

text 832.259.1170



OPTIONAL SWIM MEET

Monday June 2 (11&up)
at Summer Creek 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

Each family should be registered by now with our secure site. Sign up with email address you registered with.

Password: GOTEAM

Use website to sign up to volunteer and RSVP for every meet. If you are still having trouble logging-in please email erikajellington@gmail.com

PRESIDENT'S MESSAGE:

Hello, to all my Piranhas!
CONGRATS ON A JOB WELL DONE! We had an amazing first meet. To all our new parents: You SURVIVED your first dual meet and the FUN has just begun.

The team is growing daily. We see parents coming and asking if we are still accepting registration and the answer is YES! If you have family friends that are interested in joining, have them stop by and talk to one of the board members.

To all those that volunteered this past Saturday, THANK YOU! This weeks meet is a HOME meet and we need all hands on deck. YOUR help is needed for Friday evening and Saturday morning set-up. We also need all families to stay after the meet to help us clean up. In order to run an efficient meet we have to have both shifts covered, so if you have not signed up, please do so today.

Thanks -- Vivian Cabrera, Team President



Ponderosa Invitational PLANNING BEGINS NOW!!

We are looking for donations. We need small items for "PI bags". These bags are compiled and sold to coaches that attend PI. Donations of 100 – 150 each are needed. Examples are power bars, highlighters, pens, snacks, notepads, or any type of spirit item you may have through your work or business are welcome.

We are also asking all families to donate a case of water. Please be sure to write your family name with a sharpie, as we would like to acknowledge all families on the PI program.

Also, if you are interested in placing an ad on the PI book please see a board member. Ads can be personal or business. We will have past PI books at practice so you can see some examples. Ads are a great way to give a "Shout out" to your kids.

Coach's Corner

Swimmers must let coach Judy know before they leave a swim meet, and this applies to ALL swimmer not only those on a relay. It is important for swimmers to stay **HYDRATED!** Kids are not allowed on the playground during Saturday's meet. Save junk food to celebrate after the meet and not during. Keep your swimmer under their age group tent during all meets this helps. The meets can be fun, but if we have to **STOP** a meet to wait and find/gather volunteers, it's not so much fun. Please sign-up to volunteer. It's for all of **OUR** kids.

FUN FOOD IDEAS 4 A MEET

Fresh Fruit - Grapes (try them frozen!!) - Apples - Bananas
- Cheese Sticks - Crackers with Cheese
or Peanut Butter - Nuts or Trail Mix - Yogurt - Pretzels -
Rice Cakes - sliced Watermelon - sliced
Bell Peppers and Cucumbers - Celery sticks - Tuna or PBJ
sandwich - **LOTS of WATER!!**

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



I can FLY



What's your superpower??

**OUR COACHES
ROCK!!**

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



**No Practice
Monday, 5/26
Memorial Day**

Remember that with over 80 swimmers it is difficult to remember who told us they would be attending the meet and who will be out.

RSVP to every meet. Don't wait until the last minute to tell us you won't be at a meet.



Congrats!

PI Qualifiers

Eon Cabrera - 50 Fly

Cameron Crawford - 25 Breast, 100 IM, 25 Back

Cole Crawford - 50 Breast

Kennedy Ellington - 100 Free, 100 IM, 50 Back

Christopher Lestage - 100 Free, 50 Free, 50 Back

Cameron Siemer - 50 Free, 50 Fly

Spencer Siemer - 50 Breast, 100 IM, 50 Fly

Sam Windham - 50 Breast, 100 IM, 50 Fly