

PONDEROSA WESTADOR

Summer Swim Team

Issue One May 14, 2014

Upcoming Events:

5/26 Memorial Day
No Practice

6/9 Morning Practice begins

6/18 Divisional Pep Rally

Meet Schedule:

5/17 @ AWAY at
Raveneaux

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

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Tracie Burnham

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Volunteer Coordinator

Heather Spencer

Historian

President Post:

Welcome back TEAM! We are glad to see our returning families and excited for our new piranhas to join us. Our team is about 80 swimmers strong, and we are ready for our first swim meet this Saturday vs. Raveneaux Racers. Remember to do your best and Have FUN!!!

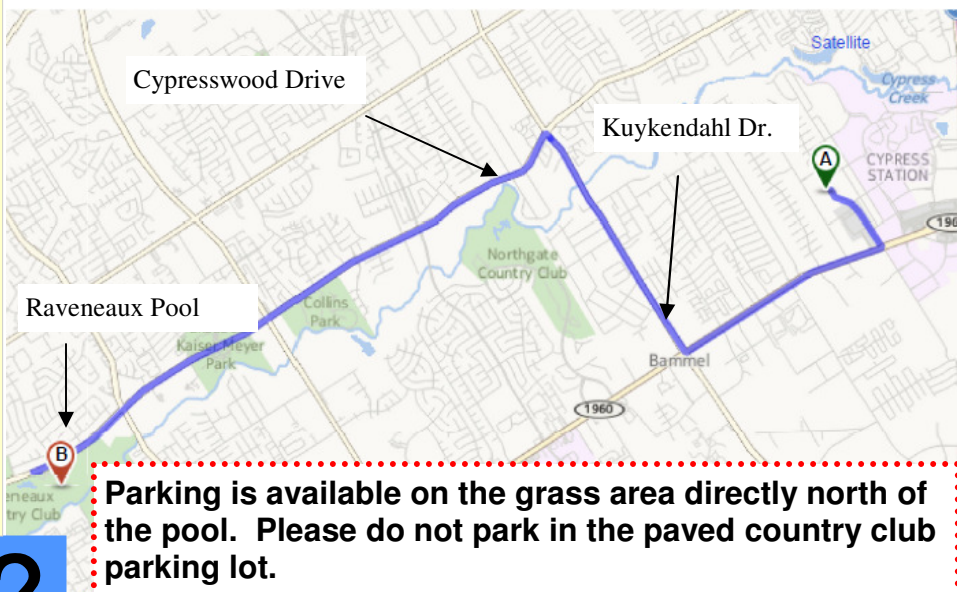
Parents, we need volunteers to run an effective meet so please sign up not only to fulfill your volunteers duties, but to help make every meet a success for all our kids. If you have any questions please do not hesitate to ask any board member on deck or email us our contact information will be on the pfw.swim-team.us website.

AWAY SWIM MEET vs. RAVENEAUX RACERS

FIRST MEET OF 2014 - Pool address:

9415 Cypresswood Drive, Spring, TX 77379

Directions from FM 1960: Turn Right onto Kuykendahl,
Left onto Cypresswood Drive. The pool will be on the left. A U-Turn will
be needed to gain access to the pool. Please be careful making a U-Turn on Cypresswood.



Parking is available on the grass area directly north of the pool. Please do not park in the paved country club parking lot.

What's
for
lunch?

RACER
MEAT

It's
delish!

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

COMMUNICATION is crucial to our team running smoothly -- website, eBlast!, and Facebook are all ways that the PWST Board works to stay in touch with swim team families.

PWST will be utilizing two websites this season.

www.pfw.swim-team.us -- this is a secured site that parents will use for volunteer and RSVP sign-up for every meet, otherwise the coach will not know you will be attending. Also, the secured site will show swim meet results. Sign up with the email address you registered with. Password: GOTEAM

If you cannot log in, see a Board Member at practice, or send an email to gopiranhas.org@gmail.com
www.gopiranhas.org -- will continue to be maintained and will eventually be redirected to the new website.



PIRANHA CHEER!!!

PACK ATTACK, PACK ATTACK, PACK ATTACK
PACK ATTACK, PACK ATTACK, PACK ATTACK

WE ARE THE PIRANHAS

WE EAT MEET

WE SWIM FAST

CAUSE WE HAVE WEB FEET

WE ARE THE PIRANHAS

WE EAT RACER MEET

GOOD LUCK TO YOU

IN THIS SWIM MEET

MUNGA, MUNGA, MUNGA

MUNGA, MUNGA, MUNGA

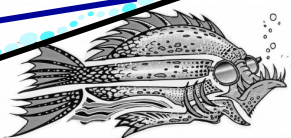
LET'S GO EAT!!!

TEAM WEBSITE

www.pfw.swim-team.us

Sign up with email address you registered with. Password: GOTEAM. The website will quickly prompt you to reset your password, if you have forgotten your password please click the "forgot password" on the log-in screen and it will email you your password.

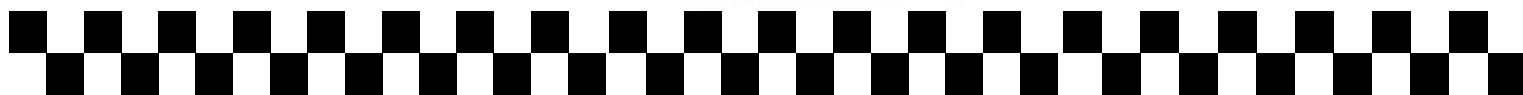
**EAT MY
BUBBLES!**



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



What is PI? **Ponderosa Invitational** is THE Championship meet of the Season. We have hosted this event for the past 43 years. The meet welcomes the best swimmers in the league, plus it is the only fundraiser for our team.

This event must be a success for the team to continue to operate and provide low registration cost.

This years PI will be held at Klein Oak. As the host we provide meals to the officials and coaches in attendance as well as drinks for all the volunteers. We ask that every family donate a case of water to help defray some of the cost.

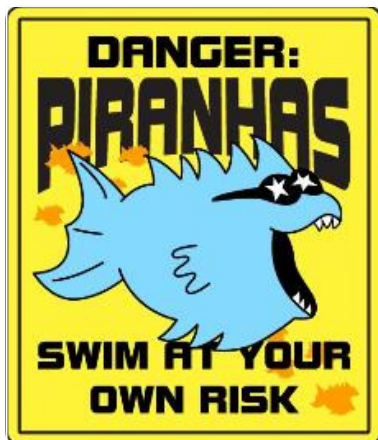
REMEMBER....VOLUNTEERING for this meet is part of registration and each family is **required** to volunteer a minimum of 8 hours. We will provide the online volunteer sign-up in the next week or so.



Coach's Corner

Please keep your swimmer from running around during a swim meet. The team provides age group tents and we encourage all swimmers to sit under their age group tent during all meets. In order for your swimmer to improve, they need to stay **HYDRATED!** Stay **AS cool AS possible.**

> drink water, drink water, drink water <



Some of the best foods to take to a meet are
pasta, cereals, bagels, breads,
fresh fruits,
sliced veggies, and lean protein.
Be smart, eat right! Save the heavy foods for after the meet.

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

Swim Meet Procedures At a Glance Saturday, May 17, 2014

ARRIVAL: 7:15AM
and CHECK-IN NO LATER THAN 7:30AM.
Look for check-in table in team area.
PARENTS, please check-in at the same table with the swimmers for your volunteer assignment.



WARM-UP INFO:

Coaches will call swimmers to warm up.

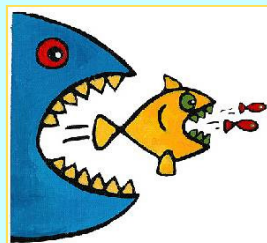
1st Warm-up - 10 & under

2nd Warm-up - 11 & up

Team Cheer!

**Swimmers need to remember there is
No diving at the beginning of warm-up.
Feet first entry ONLY!**

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



Parents, We value your input, but there is a time and a place to talk to coaches, and during practice is not it. Please do not approach coaches during practice unless its an emergency. Our first priority is the safety of your swimmers and if we being pulled away from the deck to discuss individual swimmers we are putting other swimmers at risk. If you have comments or concerns please wait until the end of practice or write us a note and we will address your concerns.

All swimmers want to succeed at a meet. It is difficult to succeed in any sport if you don't attend practice. Please make sure your swimmer attends as many practices as possible to be successful at their meets.

Please note 5/5 practices is 100%

4/5 practices is 80%

3/5 practices is 60%

2/5 practices is 40%

1/5 practices is 20%

What percent will you help your child achieve?

Coaching Staff
Judy Siemer
Taylor Adams
Erica Ertle-Moore
Lauren Lestage