

The Weekly Wave Volume II. - Week 5.

Week #5:

Aloha CCC Swim Team!
Hope you had a Great and Safe Holiday Weekend.

BRAIN TOPIC and Party THEME of the WEEK:

GREAT DEEDS FOR THOSE IN NEED...

SWIM-A-CROSS

The American Red Cross Disaster Relief Fundraiser

Get Pledges (Money Donations from family & friends & workplaces) \$\$\$ per Length (25meters) you SWIM. SWIM--NO More than 100 Lengths 25m & Donate \$\$\$ to www.redcross.org/donate

Example: 10 cents for every 25m swim. Swam 100. \$10.00 donation.

WE do need Parent Help during practice during the event. EZ - J.O.B. See Don.

PARTY THEME DURING the 2nd PRACTICE:

HERO DAY

Wear your Hero GEAR!

Dentist, Crossing Guard Fire Fighter, Police, EMT, Doctor, Lifeguard..

SWIM-A-CROSS

Check in with Lane Parent.

Swim 25M X 100 I.M. Order (Fly-Back-Breast-Free)

LONGFELLOW the Water Safety Whale will be at the CCC Pool for Swim A Cross and HERO Day to THANK YOU for SWIMMING and RAISING \$\$\$

www.redcross.org/donate for Disaster Victims!

*****WHALE SIGHTINGS—Thursday 07/11/19 at 6:00pm & 7:00pm at the Pool!**

*Cheer Check #5 - Hip Zoo Rah Zoo Teddy Boom Bah Zoo Osh Kitty Osh Gosh
Chicka Boom Bah Teddy Roo Teddy Rah Teddy Rubby Dubby Flubby Dubby
Swish Boom Bah **Canyon Creek Cyclones --- Rah Rah Rah!**

*This CHEER is on the Back of your CCC Swim Team 2019 T-Shirt!!!

Next Week: Taper Thursday 7/18/19-----7/20/19 Best Times Meet and Awards Ceremony!!!

4th Annual Dash & Splash Bi-athlon & Water Polo & Water Quittich

DASH - Run --Bring your *Running Shoes!* We will be Running in the Tennis Courts for Safety

SPLASH - Swim --Open Water Perimeter Pool Swim - NO Lane Lines

PLAY - Water Polo and AQUA QUITTICH – Following the SWIM!!!