

ATHOLTON SWIM CLUB, SWIM TEAM NEWS

Cuda Communiqué

June 11, 2015

ON THE BLOCKS

May 26 to June 19– Afternoon Swim Practice

11 & Older 4:00 – 5:00 pm
10 & Under 5:00 – 6:00 pm

June 13 – Time Trials @ Atholton

Warm-Up 8:30 am
Trials Start 9:00 am

June 20 – Atholton @ St. Andrews

Warm-up 8:30
Meet Starts 9:00

June 22– Morning Swim Practice Begins

8 & Under 7:45 – 8:30 am
9 – 12 8:30 – 9:30 am
13 – 18 9:30 – 10:30 am

June 26 – Pep Rally

June 27 – Chartwell @ Atholton

July 3 – Family Fun Practice

July 4 – Atholton @ Swan Lake

July 7 – Rock ‘n Roll Relays @ Wynewood , 4p

July 10 - Pep Rally

July 11 – Lochern @ Atholton

July 17 – “The Breakfast Your Mom Wouldn’t Serve You” – after practice

July 18 - Woodbridge @ Atholton

July 20 – Novice Meet

July 22 – Straehle Championships

July 25 – Divisionals @ Chartwell

July 26 – End of Year Party (tentative)

MAKING WAVES:

WELCOME to all our new and returning Barracudas!! Our team has grown this year and we are very excited to have a successful season in CMSL Div VII.

Afternoon practice is in full swing and we have had great attendance when the weather allowed. The coaches are focusing on getting everyone prepared for **TIME TRIALS this Saturday**. Warm-up is at 8:30a with the Time Trials beginning at 9:00a. If you will not be here, please sign-out on the sheet, just like any other meet.

Time Trials is a chance for all swimmers to swim their first races of the season in a “no pressure” situation. Everyone will swim each of the strokes if they are able.

We will have a limited Cuda Bar available (donuts plus regular snack bar items)

BIRTHDAYS THIS WEEK:

Issiah Weaver turns 12 on 6/12
Samantha Whiteman turns 6 on 6/15
Logan Frank turns 8 on 6/16
JJ Frank turns 8 on 6/16

WHERE TO FIND SWIM TEAM INFORMATION

Look for a hanging folder for each family in the file box under the Record Board. Please check this folder regularly for updated swim team information, forms, ribbons, speeding tickets, etc. There will also be a folder for the Swim Team Coordinator (Anne Reed) where you can leave information you want her to see. The swim team area is on your right as you enter the pool lobby. It is also a good place to find info, announcements, sign out sheets, etc.

Coming Soon: ***SPEEDING TICKETS***

~~~~~ Can't Catch a Cuda ~~~~~

## PARENT VOLUNTEERS

The success of our meets depends in great part on the participation of our loyal volunteer parents.

We are in the process of assigning the volunteer slots for each meet. Thank-you to all of the parents who have already signed up!

Our parent brigade was excellent last year, so let's keep up that volunteer spirit!

Look for information about optional stroke clinics in the next Cuda Communique

## PEP RALLIES!

Pep rallies take place on Friday evening before our HOME meets and will start around 6:15pm. We encourage ALL swimmers to attend when possible:

- ~ FUN, FUN, FUN
- ~ Time for the swimmers to get to know each other better
- ~ Come together as a team
- ~ Great food - potluck
- ~ Show your team spirit through some creative activity

Look for a sign-up sheet in the Swim Team area

Our first Pep Rally is scheduled for 6/26.

## CONTACT INFORMATION

**Swim Team Coordinator: Anne Reed**  
[atholtonswimclub.swimteam@gmail.com](mailto:atholtonswimclub.swimteam@gmail.com) OR  
[annereed1000@gmail.com](mailto:annereed1000@gmail.com)  
410-858-0269

## MEET SIGN-OUT SHEETS !!

If your swimmers are unable to make a meet, please sign the Meet-Sign-Out sheets posted in the swim team area at the pool, indicating when the swimmer will be absent. Please sign out by the Wednesday prior to the meet you will be absent. If the swimmer does not appear on this sheet, we assume the swimmer will be at the meet as scheduled. Your cooperation with this is very important because we arrange the meets based on the swimmers who are available. The coaches work very hard to get everyone into the meet and to get as many swimmers as possible into relays. Please support our coaches in this!

If your child is sick on the morning of a meet and will not be swimming, please text Anne Reed so the coaches can scratch your child from the meet and replace him/her in any relays. **410-858-0269**

## MEET SURVIVAL

**From the Cold:** Sweats, extra towels, sleeping bags, blankets, hats, tennis shoes & socks  
**From the Sun & Heat:** Sunscreen, water, hats, water, umbrellas, water, canopies, water  
**Other items to bring:** Spare goggles, cap, suit, chairs, games, books, cards  
**Supporters:** Give your swimmer a pat on the back or a hug. Trust the coaching to our great coaches.

It is very important that your swimmer(s) are WELL RESTED, HYDRATED AND EATING WELL. Please remind them to make it an early night on Friday. We want everyone to swim the best that they can and that starts with the basics – eating well, drinking fluids and being well rested.