

Cuda Communiqué

June 17, 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 20 – Atholton @ St. Andrews 490 Yorkshire Dr, Severna Park, 21146 410-544-3223

Warm-up 8:30am
Meet Starts 9:00am

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 22– July 16 Optional Stroke Clinics 10:30 – 11:00am

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 TENTATIVE

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:

Thank-you to all the swimmers who showed up for Time Trials last Saturday. Results have been posted on the website. We have almost 30 new swimmers on our team and this was the chance for most of them to swim their first races ever. Kudos to all our new Cudas!!

Next up is an **AWAY MEET @ ST. ANDREWS** on Saturday. The coaches will be talking to the swimmers this week to discuss what events each would like to swim. Please arrive at St. Andrews with enough time so that your swimmers are ready to get in the pool for an 8:30 warm-up. PARKING INFORMATION: If the parking lot is filled when you arrive, St. Andrews asks you to proceed directly through the parking lot and park on the grass. Two items to note: (1) there will be adequate parking on the grass, so parents should not park in the neighborhood, and (2) parents should park on the south side of the field against the arbor vitae (this is the side AWAY from the pool and the clubhouse).

As always, please sign out your swimmers by Wed if they will not be swimming this week.

We would really like to show our Atholton spirit by having everyone dressed in **BLUE & WHITE** at the swim meet. If you have an Atholton T-shirt from past years, even better.

NEW PARENT ORIENTATION

Calling all new Barracuda PARENTS!!!! Your children have had a few weeks to get settled into swim team. Now is the time to come and hear about the season. Anne will provide some general information as well answer all of the questions you have been saving up.

“ Thursday 6/18: 5:05p in the Pavillion

ROCK n ROLL RELAYS

Our team has been invited to attend the Rock 'n Roll relays again this year at Wynnewood (Arbutus) on Tues, July 7th. The meet start time is 6:30p with warm ups beginning at 4:30p. This event is renowned for great food, loud music, crazy relays, and loads of fun!!!

This meet is optional and the entry fees (\$2.50 per swimmer per relay) must be covered by each participating family. In the past, each swimmer participated in four to five relays for a total per swimmer cost of about \$10.

Because this is an all-relay meet, we need a lot of Cuda swimmers in order to participate. A sign-up sheet is posted in the office. The deadline to sign up is Monday, June 22. Each participating family will be expected to provide a volunteer to assist with swimmer line up or timing. Based on the number of swimmers who sign up, Michael will decide if the team can participate.

SPEEDING TICKETS

At time trials the swimmers set their baseline for the summer. Saturday is the swimmers' first chance to set a new personal best time. You can't always win your heat or your event, but you can always improve your time. As an added incentive, this year swimmers will be given a ***SPEEDING TICKET*** for every personal best time they record. Speeding Tickets will be placed in your Family Folder along with meet ribbons and can be traded in for prizes after practice on Tuesdays.

CONTACT INFORMATION

Swim Team Coordinator: Anne Reed
atholtonswimclub.swimteam@gmail.com OR
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**

STROKE CLINICS

New this year, our coaches will be offering optional Stroke Clinics for swim team members. The clinics will run for 4 consecutive weeks and sign-up for each one will be on a first-come-first-served basis. Sign-up for the clinics will be posted in the office under the swim meet sign-out sheet.

Clinics will be offered at 10:30-11:00a, M-Th on the following weeks:

- ~ June 22 - 25
- ~ June 29 - July 2
- ~ July 6 - 9
- ~ July 13 - 16

They will run in a small group format, limited to 5 swimmers per coach. Each day of the week will concentrate on stroke mechanics, starts, and turns for a different stroke.

The cost for each 4-day clinic is \$25/swimmer. Payment can be made by check at the office.

Coming Soon: Team Swim Caps will be available for sale in the Cuda Bar

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