

New Information:

1 - This is not new information but apparently the kids need a reminder! The **diving well** is **off limits** during meets and practice. Also, the **ice machine** on deck is **off limits**. This ice is mainly for use by coaches to make ice packs in the event of an injury on deck. No swimmer at any time should touch the machine - this includes opening it and eating (yuck - lots of dirty hands in there) or throwing the ice. The ice machine is also not a refrigerator - please don't put your water bottles or food items in it. This is an expensive piece of equipment - make sure your children aren't responsible for damaging it.

2 - LOST AND FOUND - This is my last plea related to lost and found items. PLEASE, make it a weekly (or even daily) routine to have your child (supervised depending on age/necessity) thoroughly check his/her swim bag. Many items have gone missing at recent meets and practices. Newly lost items include a **SWAC swim cap** (possibly with name inside if it hasn't worn off) and a **boys size 28 team suit**. If you have lost items, the lost and found at the pool is located in the equipment room behind the blocks. There is not any other pool lost and found. **NOTE:** As it is largely ineffective, I will no longer be sending messages regarding individual lost items. If everyone tries to keep track of their own items and checks their bags frequently for duplicate items, items labeled with names other than their own, and items that are otherwise not theirs, it will be very helpful. If you find an item in your child's bag that is not yours, please place it in the lost and found ASAP. If you are missing an item, check the lost and found frequently as you never know when it will turn up. We've actually had items turn up a season later!

3 - Also not new but I'm concerned people don't understand...volunteering is 100% independent of meet sign-in. The meet sign-in information is for the coaches NOT the volunteer coordinators (reps). If you write a note there about your availability to volunteer, the volunteer coordinator might not see it. If you cannot volunteer at a meet (whether your child is attending or not) you **MUST** email the appropriate rep (Kevin for boys or Bill for girls) **BEFORE** the volunteer list is posted. Again...making a note in the swimmer meet sign-in/out is NOT effective for letting the reps know you cannot volunteer.

4 - A last reminder in the new section! - Remember to sign your swimmer in/out of this Saturday's dual meet by 9PM on Wednesday.

Reminders:

5 - Remember Roberta's message about SWAC practice this Friday:

Due to a high school event on Friday night swim practice will be at East.

5:30-6:30 10 and unders
6:30-8 11 and ups

6 - The Council Rock Invitational will be held on 1/2/2010. Online registration is now available. The SWAC sign-up deadline is 12/15/2009. See our site for details of the meet. US swimmers - CR has put in an application for MA acceptance of this meet.

7 - US swimmers: the CBAC Holiday Classic has been MA accepted. Please remember that if your swimmer gets a best US time (or makes a specific time cut) at a meet that is US accepted (e.g., SAL invitationals with MA acceptance like the SWAC invitational, CBAC Holiday Classic, Norristown Harvest) YOU need to make sure Coach Stu Kukla is aware of it. While these times are recognized within the MA, they are not loaded into the database for automatic upload by coaches. So...our coaches need to search out such times. It is quite possible that a time will be missed so please be sure to tell Stu yourself.

8 - The Centennial Odd Age Swim Invitational is now available for online sign-up through our website. Details about this meet can be found by accessing the link on our site (invitationals page). The meet will be held on Sunday, January 10, 2010 and is for swimmers 13 and under. The SWAC entry deadline is Tuesday, December 8, 2009 (must be registered online with payment in red invitationals folder by this date).

9 - Practice times for CB South practices changed for the rest of the season beginning on FRIDAY, November 20. Times moved 1 hour later (10 and under swimmers 6:30-7:30PM, 11 and up swimmers 7:30-9PM). Now that the new practice schedule has begun, SWAC swimmers may not enter the pool deck until the time practice is called to begin as the high school teams will be swimming until then. Swimmers should still arrive 5-10 minutes before practice time to prepare to swim and stretch in the hallway with the coaches. Practice times for CB East practices will NOT change.

10 - The apparel order deadline has passed. Our order is complete. When the apparel is available there will be email communication about pick-up dates/times.

11 - The deadline for signing up for the CBAC Holiday Classic has passed. Information about the meet for those registered remains available via a link on our site and on the bulletin board. Any outstanding payments for this (or any other) meet should be placed in the red invitationals folder ASAP. CBAC does require volunteers. A list of assigned SWAC volunteers will be sent to those attending the meet once needs are communicated by CBAC.