

New Information:

1 - Remember to sign your child in to or out of the dual meet to be held this Saturday. If you do nothing, your child will not be allowed to swim the meet. The sign-in/out deadline is Wednesday at 9PM. **Refer to the message sent earlier today with new times for these meets.**

2 - The boys volunteer list for Saturday's dual meet is posted. Please check the list on the volunteering page of the website and accept your position or provide a replacement as per the volunteering instructions previously sent. The girls list will be posted later this week (expect Thursday). Once that list goes up, please accept your position or provide a replacement as well. The boys' lists will usually go up early in the week while the girls list will usually go up late in the week because of the way each rep prefers to handle volunteer assignment. Remember that swimmer check-in/out is independent of volunteer assignment - meaning if you check your swimmer out of a meet you still must contact your rep and let them know you can't volunteer.

3 - Practice times for CB South practices will change for the rest of the season beginning on FRIDAY, November 20. Times move 1 hour later (10 and under swimmers 6:30-7:30PM, 11 and up swimmers 7:30-9PM). When the new practice schedule begins, 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.

Reminders:

4 - There is no practice at either school on November 17 and November 18 is a conflict date (no SWAC practice). A modified practice schedule for that week will be communicated shortly.

5 - A ring was found after girls time trials on Thursday. If you or your swimmer lost a ring describe it to me and I'll get it back to you.

6 - 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.

7 - The deadline for signing up for the SWAC, CBAC, and Norristown invitationals has passed. Information about the meets for those registered remains available via a link on our site and on the bulletin board. Any outstanding payments for these meets

should be placed in the red invitationals folder ASAP. Norristown and CBAC do require timers. A list of assigned SWAC timers will be sent to those attending the meet once needs are communicated by the host teams. The SWAC invitational volunteer list remains on our site - thanks for accepting your positions.

8 - Please be aware that when a deadline for online sign-ups is communicated, the sign-up function will not be available after the deadline - it automatically is removed from the site at the moment of the deadline. I had several people mention to me that they could not access the meet sign-in/out and/or invitational registration after the deadlines had passed - that is by design - you will never be able to access these functions after the deadline (or before the sign-in window begins). Please, refer to the message about how to sign-in/out for dual meets, read it carefully and save it for reference. Write the sign-in deadlines on your calendar and meet them. Do not email me and ask me to sign you in after the deadline.

9 - The volunteer preference list is also updated for this year on the website. This list should be used in conjunction with your team directory (emailed previously by Roberta Lichter and to be recirculated by me later today) to identify a replacement in the event that you cannot fulfill an assigned volunteer job.

10 - The family folder boxes will always be at CB South. If you need access to the family folder boxes and they are not in the hallway under the bulletin board, they are in the equipment room located to the left immediately after entering the pool deck behind the starting blocks. On SWAC practice nights at CB South, if you'd like to help out by bringing the boxes into the hallway, that's great but be sure you place them back in the equipment room by the end of practice. If you cannot put the boxes back do NOT take them out.

11 - Please be sure to check your family folder and the bulletin board each time you attend practice. Also visit our website (www.cbswim.org) frequently for the latest information. Contact Jen Steinberg if there is a problem with your family folder in the box (don't have one, name misspelled, etc.). I will be updating the boxes tonight.

FYI:

Visit <http://www.swimmingworldmagazine.com/results/conversions.asp> for a quick yards to meters or meters to yards converter.