

New Information:

1 - Online registration is now available for the Norristown Harvest invitational. For details about this meet see our bulletin board, invitationals email sent 10/4/2009, link on our website through the invitationals page. The SWAC registration deadline is 10/23/2009 for this meet.

2 – The date for the November poster making night is Friday, November 6th in the CB South cafeteria. The event will not interfere with practice. Look for details to be sent via email in the next week or two.

Reminders:

3 - There is NO PRACTICE this Friday, October 16.

4 - The volunteer training clinics for this week are listed here. For more information refer to the email sent 10/7/2009.

Stroke and Turn Judge Training: Tuesday, October 13 - Methacton
Thursday, October 15 - Upper Merion

Starter/Referee Training: Wednesday, October 14 - Upper Dublin

5 - Time trials will be held on Tuesday, October 27th for boys and Thursday, October 29th for girls. See more details about time trials in last week's weekly update, on the bulletin board, in time trials email dated 10/8 and welcome email dated 9/28/09. Note that there is NO SWIM PRACTICE of any type at CB South or CB East on the nights of time trials.

6 - This season's apparel order form is available on the website and was circulated via email. The deadline for submitting the form and payment for any orders is 10/28/09. Place completed forms with payment in the folder marked "Apparel" in the front of the "A-K" family folder box. Contact Chris Kauffman (clclkman@comcast.net) with questions about apparel.

7 - The deadline for signing up for the PVAC invitational has passed. Information about the meet for those registered remains available via a link on our site and on the bulletin board. PVAC requires NO VOLUNTEERS.

8 - 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.

9 - SWAC will be hosting our third annual invitational swim meet this season. We are asking all SWAC swimmers (ages 14 and under) to attend. We will need plenty of parent volunteers during the meet which promises to be a great fund-raiser for our team. Please mark your calendars now for this fun meet – Sunday, November 15th at CB South. (Meet details are posted on-line and on

the bulletin board. On-line, team members should view the flyer and events list and recognize that the deadline in the flyer relates to other teams in the league...our sign-up deadline is October 23rd. For more information on this and other invitationals, see previous message sent on 10/4 as well as the bulletin board and website.

10 - 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.).

11 - Our team suit is available at Training Zone. You can visit Training Zone to purchase a suit. Alternatively, Training Zone will be at CB South during time trials for suit sales. Wearing team suits for SWAC meets is encouraged but not required.

12 - The team directory was distributed by Roberta Lichter via email. The handbook is currently on the SWAC website and will be updated with this season's version shortly.

13 – As noted in the welcome email, some left over prior year SWAC items are available for sale. After sales at the meeting, a few items are still available. As there are so few items, I will arrange sales via email. The items available are listed at the bottom of this message. Email me to arrange a purchase. Also email me if you need to purchase a SWAC cap. (Prices are listed at the end of this message.)

***FYI*:**

Swimmers must compete in 40% (2) or more of SWAC regular season dual meets (our 5 meets in November and December) to be eligible to swim in the dual championship meets in January and League Individual Swimming Championships (A Champs) in February. Any rostered SAL swimmer may compete in Division Individual Swimming Championships (B Champs) regardless of number of dual meets swum. More information about the championship meets will be provided later in the season. If you require additional information now, please refer to the league documents on the league website (access via link on SWAC site).

High school swimmers must attend three (3) SWAC dual/tri meets to receive a thank-you gift from the team at the end of the season.

Items for sale:

Any unsold items will be available time trials (possibly) and the snack bar of our home meets. Alternatively, email Jen to arrange a purchase.

Towels - \$15 (2 left)

SWAC Bag - \$8

Chamois - \$3

Zip-up Hoodie – YL, adult sizes: M, L, XL (royal) -\$20 (5 left)

SWAC caps are also available. Silicone for \$10 or Latex for \$5. Our plan is to have caps available for sale by Roberta during practice check-in next week.