

New Information:

- 1 - Watch for a message about time trials sign-ups later this week.
- 2 - Apparel samples will be available at CB South on the dates listed below. The deadline has been extended to Thursday, October 29 at 7pm. This is a 100% firm deadline. Any orders placed in the apparel folder after 7pm on the 29th will be returned.

Wednesday, October 21 5:30-7pm

Friday, October 23 6-7pm

Tuesday, October 27 5-5:30pm (in the cafeteria during time trials check-in)

Thursday, October 29 5-5:30pm (in the cafeteria during time trials check-in)

- 3 - Roberta Lichter plans to have SWAC caps for sale at SWAC practices later this week or next week (\$5 for latex or \$10 for silicone). She will be sending out a message about caps to let you know which nights caps will be available. She is waiting on a vendor for one of the cap types.

- 4 - The community school is waiting on other league teams for a few last details related to regular season dual meet times. As soon as I receive the times I will email them and they will be posted on our website shortly thereafter.

Reminders:

- 5 – Remember that this Friday, October 23 is the sign-up deadline for our SWAC invitational (see info below). It is critical to the success of this meet (our big fundraiser) that SWAC swimmers and their parent volunteers participate. Please get signed-up if you have not yet done so. The deadline to sign-up for the Norristown Harvest invitational is also this Friday.

- 6 - 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.

- 7 - 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.

8 - This is the last week for volunteer training clinics for this season. 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: Wednesday, October 21 - Pennsbury
Thursday, October 22 - Centennial

Starter/Referee Training: Tuesday, October 20 - Upper Merion

9 - 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.

10 - 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 10/29/09 at 7pm. 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.

11 - 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.

12 - 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.

13 - 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.

14 - 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.).

15 - 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.

16 - 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.

17 – 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*:**

Lost and Found is located in the equipment room (immediately to the left upon entering the pool at the blocks end). Ask a coach to show you if you need help.

SWAC, CBAC and CBST are three separate teams. SWAC and CBAC are a club teams competing in the SAL (Suburban Aquatic League) and CBST is a USS (United States Swimming) team that competes in the Mid-Atlantic division of US swimming. During the SAL season, all three teams share the Central Bucks pools for practice. Some swimmers are on both a club team and the USS team while some are on just one or the other. Communications from me and info on our website (www.cbswim.org) relate to SWAC only but apply equally to SWAC-only and SWAC/USS swimmers. For information on CBST, contact Roberta Lichter of the Community School.

Swimmers and their families should generally use the door facing Folly Road that enters into a long hallway, ending at the pool/locker room entrances. If/when a different door should be used because of other activities at the school, you will be notified. Swimmers and their families should stay in this pool/hallway area...not passing through the double doors toward the cafeteria unless a specific event/meeting is scheduled.

No wheeled shoes of any type are allowed on/in any Central Bucks school district facility.

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.

SWAC Bag - \$8

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

SWAC caps are also available. See info above.