

New Information:

1 - Time trials will be held on Tuesday, October 27th for boys and Thursday, October 29th for girls. All SWAC swimmers 14 and younger as of October 31, 2009 should attend time trials. This includes SWAC swimmers who also swim US. High school swimmers are not required to attend time trials even if they are swimming 14 and under this season. Time trials will be held at CB South and will start APPROXIMATELY when practice usually starts at South. We will likely ask swimmers to arrive about 30 minutes before start time. Details (including specific times) will follow on the bulletin board and website and via e-mail. (See welcome email dated 9/28/09 for description of time trials.) Note that there is NO PRACTICE on the nights of time trials. That means female swimmers do not have swimming on 10/27 and male swimmers do not have swimming on 10/29. One exception - if your swimmer absolutely cannot attend time trials on his/her assigned day, s/he should attend on the other day. There is no need to tell me or a coach if you must make this change, however, you MUST let the reps (both boys and girls) know for volunteering purposes. It is expected that every swimmer can provide a parent volunteer at time trials. If you cannot volunteer, email your rep NOW. The reps emails are on the website on the volunteering page. If your swimmer cannot attend either night and has times, email them to the appropriate coach. Again, let the appropriate rep know you cannot volunteer.

2 - When sending me and other board members emails, please identify yourself and/or your swimmer in the body of the message. As many of your email addresses do not contain your swimmer's name, I will not know who is sending the message off the top of my head. There are currently 136 families on SWAC, several with multiple email addresses!

3 - Look for an email later today with dates/times/locations for Stroke & Turn and Starter/Referee training for this season.

4 - As mentioned at the parents' meeting, we are planning two additional "fun" nights for the team this season. In November we plan to have poster making and in January, a t-shirt decoration evening is planned. Watch email for details of these events. 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.

5 - My Weekly Updates will include New Information, Reminders, and FYI Notes. I promise not to include any new information in the reminders section. The FYI notes are meant to provide general information that new (or even experienced) swim families may find useful.

6 - Conflict dates currently known for this season are listed here. Remember, a conflict date is a date on which there is no SWAC practice due to conflicts with various high school events. A few additional dates may be added in the future based on the high school swim team schedules.

NO PRACTICE ON THE FOLLOWING DATES:

October 9, 16, 30
November 18
January 13, 20, 27

Reminders:

7 - 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 (clckman@comcast.net) with questions about apparel.

8 - The deadline for signing up for the PVAC invitational is this Friday, October 9th. Online registration and payment are due by that date. Remember that on Friday there is no practice so please plan accordingly so that your payment is in on time.

9 - 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.

10 - 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.

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.).

12 - 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.

13 - 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.

14 - Each week I will be sending the team a weekly update e-mail containing important information. While I'll do my best to cover everything in this once-a-week message, sometimes circumstances (timing, importance, etc.) require that I send additional messages (this will be the case this week!). Please read each message to keep informed...we recognize that it's a lot of information but find everything runs more smoothly when people keep themselves as informed as possible.

15 - 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:

Our dual meets (held on Saturdays) are part of the regular season, are a competition between two teams, do not cost an extra fee, and swimmers swim coach-chosen events. Details about signing in or out of these meets is contained in the handbook and will be discussed via email closer to the first dual meet. Dates for these meets are currently on the SWAC website on the schedule page. As noted by Roberta earlier today, once times are finalized for the November and December meets, the Meets page of the website will be updated with this information. Expect that information to be available some time next week. Note further that the times and locations (for girls - boys are home) for the two January dual meets will not be known until after the final December meets. For the meet on January 9th, expect times/locations to be known in late December or early January. For the meet on January 16th, expect times/locations to be known no sooner than January 13th. These two meets are dual championship meets that determine division and league winning teams, therefore, the match-ups are not determined until all preceding dual meets are swum.

Invitationals are optional meets in which swimmers choose their own events and pay an additional fee per event. Our invitational coordinator is Ginny Fitts (daveandginny1311@comcast.net). Invitational Registration procedures are on the bulletin board and website and have been emailed. See #10 above and referenced email for specifics.

Parents and siblings, please be sure to clean up your area of the stands after practice. We are responsible to make sure trash and other items are not left in the stands after practices.

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.