

EVENDALE EAGLES SWIM TEAM

2007 issue 4 contributions to newsletter – email to michelehilde@fuse.net

June 18, 2007



Eagles 2007 Swim Team Meet Schedule

All meets begin at 6:30pm. The Sharonville & Wyoming meet on June 26th & June 28th will begin at 6:00pm

***PLEASE NOTE THE TIME CHANGE FOR THE WYOMING MEET ON JUNE 28TH.**

PLEASE ARRIVE 1 HOUR PRIOR TO MEET TIME FOR WARM-UPS

June 19th – Springdale – HOME
 June 21st – BYE
 June 26th – Sharonville – HOME @ 6pm
 *June 28th – Wyoming – HOME @ 6pm
 July 3rd – BYE
 July 5th – @ Greenhills
 July 10th – @ Reading
 July 12th – @ St. Bernard
 July 17th – NCH - HOME
 (Senior night and Ice Cream Social - See activity sheet for details)
 July 19th – Rain Date (if needed)
 July 23rd and July 24th Championships at **EVENDALE!!!**

9-10 Year-old Swimmers are responsible for delivering their own lane slips to the timers. 8 and under swimmers to not have this responsibility.

VOLUNTEERS!!

If you are unable to work a meet that you signed up for, please find a substitute and inform Barb Rohs or Amy Gase about the change.

Apples & Bananas Inter-Squad Meet Results



Apples (371 pts) “peeled” past the Bananas (310 pts) for the win in the inter-squad meet. Thanks to volunteers & swimmers for making the evening a success!!

SNACK MORNING SCHEDULE

Each swimmer will receive a snack after their practice time on the following dates:

Friday, June 22nd – Cookie



Monday, July 2nd – Muffin



Tuesday, July 10th – Bagel



Wednesday, July 18th – Watermelon



Thanks to Julie Skoog & Angela Guye for chairing morning snacks!



NSSL Dual Meet Scoring

1 st Place Individual Event	5 pts
2 nd Place Individual Event	3 pts
3 rd Place Individual Event	1 pt
1 st Place Relay	7 pts
2 nd Place Relay	4 pts
3 rd Place Relay	2 pts

Evendale is a large Swim Team. Keep in mind, dual meet scores against smaller teams will always be “lopsided”. Personal performance is our main focus. However, scores are only announced at a dual meet with 2 large teams. – Thanks in advance for your understanding.

Questions/Problems with a Ribbon:

There is a sheet in the SWIM TEAM binder (@ pool front desk) question on “where” or “why” a ribbon was not awarded. Please write your question/confusion and someone will research and get back to you.



Family Bins

There are approximately 101 families with 193 swimmers. Pool regulations, hours, all swim team information, directions to meets, newsletters and forms to download can be found on the village website @ www.evendaleohio.org

Solution to Prevent Swimmers' Ear
 Swimmers' ear (“otitis externa”) is an infection of the ear canal caused by water that remains in the ear canal after swimming. This causes bacteria and fungi to infect the delicate skin covering the ear canal. A good way to prevent “swimmers' ear” is to use an **alcohol-vinegar** mixture after swimming or bathing. Prepare a solution containing **equal** parts of 70% rubbing alcohol and white vinegar. This can be prepared in a two-ounce dropper bottle and kept on the medicine shelf. Place three or four drops of the mixture in your child's ear after swimming. This mixture sterilizes the canal, cleans out debris, dries the ear, and kills bacteria and molds. If the above procedure causes your child discomfort or pain, call your pediatrician.



Reminder: After each swim meet return pool chairs to their proper place & clean up your area.

MISCELLANEOUS NOTES FROM COACHES:

- DON'T MISS YOUR EVENT.
- SWIM THE PROPER STROKE.
- STAY IN TEAM AREA DURING THE MEET.

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SWIM TEAM 13 & OVER CANOE TRIP–Friday, June 29th

Meet at Rec Center 11:45am and return to the Rec Center at approx 5pm.

All participants must fill out and turn in a signed **Release of Liability** form (located in the back of the swim team bins). Please place the completed forms in the RADCLIFF folder. Cost - \$15 per person. Check the Swim Team Bulletin Board for Sign-up Sheet, Chaperones/Driver list along with drinks, snacks & desserts. Please call Lori (769-4171) with any questions.



DOES YOUR CHILD NEED HELP WITH HIS/HER DIVE OFF THE BLOCK/FLIP TURN/ BREATHING TECHNIQUE, ETC.....?

Perhaps a PRIVATE LESSONS is the answer!!

Signing up for a private lesson (30 minutes) is easy and convenient. Find lesson binder @ pool front desk, record swimmers name on lesson sheet, pay \$12 @ Rec Center, Rec Center Clerk will give you a receipt, show receipt to coach before lesson begins. Coaches are willing to work on swimmers specific areas of interest. See any coach with questions.



“THIS IS A PENN ALERT”

This phoning system will alert all swim team families if there are changes in swim team events or practices.

ITEMS TO BRING TO A SWIM MEET

- Bring two big towels (or more)
- Old blanket or sleeping bag
- Cards, games or books, CD/MP3 players, hobby items, etc....
- Water Bottle – a big one or bottles of sports drink.
- Food – nutritious snacks, raisins, trail mix, Ritz bits w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; string cheese; beef jerky; Gatorade Bars or Power Bars
- Goggles & swim cap
- Waterproof sunscreen
- Marker - for writing events on swimmers hands

Regular morning practice times Monday thru Friday

8:00-9:30	13 & over
9:30-10:20	age 7, 8, 9
10:20-11:15	age 10, 11, 12
11:15-11:45	6 & under



MEET SIGNOUTS

There is a sheet for every meet. Please sign out your swimmer if they will not be at that meet as soon as possible!! Line-ups are usually made several days in advance and it is crucial that the kids are signed out ahead of time. If an emergency comes up on Meet day, please let the coaches know as soon as possible.

It is VERY important to let the coaches know ASAP if a swimmer will NOT be swimming in Championships.



SWIM STROKE ORDER:

MEDLEY RELAY:

Backstroke, Breaststroke, Butterfly, Free Style

INDIVIDUAL MEDLEY:

Butterfly, Backstroke, Breaststroke, Free Style



**LABEL ALL ITEMS
(ESPECIALLY GOGGLES)
CHECK LOST & FOUND
TABLE FOR MISSING ITEMS!!**



2007 NSSL CHAMPIONSHIP T-SHIRT

Order forms were placed in family bins and the form is available @ www.evendaleohio.org. Orders must be placed in lock-box by June 27th.



26th Annual July 4th 10K Run and 4.5 mile Course for Walkers
SIGN-UP @ Recreation Center - The entry fee is only \$15 per person. Everyone entered by Wednesday, June 27th receives a t-shirt. It is a great warm-up in the morning with friends, family & neighbors. Fresh fruit, bagels, bottled water and fabulous door prizes following the race. Pool will be open to race participants and their families.

All ages are welcome!!!

GOD BLESS AMERICA