

EVENDALE EAGLES SWIM TEAM

2007 issue 8 contributions to newsletter – email to michelehilde@fuse.net

July 14, 2007

31st Annual Northern Suburban Swim League Championship Meet

Monday, July 23rd and Tuesday, July 24th, 2007

Evendale Pool

What to bring to Champions & Other Reminders:



✓ Unlike our other meets to date, Championship begins during the day. Most Championship meets are HOT! Please bring lots of water for the swimmers (and yourself) to drink. In addition, you may want to bring sports drinks, but not carbonated drinks.

✓ **ARRIVAL TIME:**

Monday, July 23rd AM Session – 7am

(6 & under may arrive @ 8:30am)

Monday, July 23rd PM Session – 3:30pm

Tuesday, July 24th Finals – 1:00pm

✓ Consider car pooling with another family.

✓ Remember, the sun will be out, so bring sunscreen. You might also want to bring bug spray for the evening.

✓ Bring chairs to set up under our tent, or sleeping bags and old comforters for the kids to lounge on.

✓ The meet is much longer than normal because of many heats for each event, so you might seriously consider bringing cards, games, books or those unfinished “summer packets”. Please make sure to label everything and look carefully for any forgotten items when leaving.

✓ Let’s show our TEAM SPIRIT and have our EVENDALE EAGLE gear on –T-shirts, suits, caps, shorts, etc... Everyone is encouraged to come back Tuesday evening during the finals and CHEER on your teammates.

✓ Every age group with the exception of 6 & under, swims to qualify (top 12 swimmers, plus 2 alternates qualify) on the first day and swim to score on the second day. If a swimmer qualifies in the top 6, they will swim in the **Championship** Heat (places 1-6). The next 6 fastest will swim in the **Consolation** Heat (places 7-12). Alternates can only be placed in the Consolation Heat.

✓ Make sure to double check to see if you qualified before you leave the Pool on Monday.

✓ 6 and under group swimmers - ONLY SWIM ON MONDAY.

✓ Bring a lot of patience and be helpful with making your swimmer ready for their events!

✓ Gate admission is \$1 per person, per day. Heat sheets are \$2 per session. (Bring a highlighter to highlight your swimmer’s events.) Children under 6, league swimmers and league coaches are **FREE**.

✓ Please drive with caution through the parking lots & in surrounding areas.

✓ Please be considerate of the property and clean up team area at the end of each session.

✓ In case of severe weather, swimmers and parents will need to clear the pool and team area and wait in the old gym in the Evendale Recreation Center.

DAVE’s Dos and Don’ts!



Taper Time! It is the end of the year, and that means it is time to collect on all of the hard work we have done this season. In order to get the most out of your swim championships it is important to keep a few things in mind this week:



Get into a sleep schedule that includes at least 8-10 hours of sleep every night. Resting 18 hours the night before is not the way to do it. It is important to get consistent sleep for an entire week.



Stay out of the sun and rest Not only it is important to get a good night’s rest, it is also important to try and save up your energy during the day. Go to the library to get a few good books and movies to last you through the week. Lifeguards will be instructed to keep swim team members out of the pool on Saturday & Sunday.



Drink plenty of fluids Your body will need fuel on Monday and Tuesday, so it is important to stay hydrated by drinking plenty of water this week.



Shave Down!? Yes, shaving arms, legs, back, etc... will improve times at the Championship meet. Removing hair and a layer of dead skin will increase hydrodynamics and help swimmers drop time. Although it is not require everyone to shave down, it is definitely encouraged. Those deciding to shave down should do so as close to their swims as possible either Sunday night or Monday morning.



Most importantly: GET READY TO HAVE FUN AND SWIM FAST!!!

✓ Check out the Tentative Championship line-up posted @ Pool. Relays will be posted @ Spaghetti Dinner/Pep Rally on Sunday.

SWIM TEAM PRACTICE TIME for 13 & Older

On Wednesday, Thursday, & Friday, July 18th –20th. Practice will be held from 8:30am – 9:30am.

PRACTICE – SATURDAY, JULY 21st

**** HIGHLY RECOMMENDED****

SO SHOW UP FOR PRACTICE!!!!

A Warm-up practice will be held on Sat, July 21st

11 & Older practice 10:00 - 10:30am

10 & Under practice 10:30 – 11:00 am
(NO 6 & Under Swimmers)

A little time in the water is suggested just before Championships.



After Championship Party

STAY at the Evendale pool after the championship meet on Tuesday, July 24th for swimming and fun. **CHANGE: The Finan & Thiss Families are willing to shop for pop/juice boxes, snacks & cake. Donations (\$\$) will be accepted @ the Spaghetti Dinner.** Please look for them and make your contribution (a couple \$\$s). Coolers are welcome.



End of Season Awards Night

The final get together on Thursday, July 26th @ 7pm in main gym. Look at pictures (Wall of FAME), pick up awards and coaches reflection on the season. Photos are needed, please forward digital photos (asap) to Christa Cobbs @ (christa_cobbs@hotmail.com) or place photos in COBBS family bin in an envelope or plastic bag.



Coaches Gift

It is not too late to contribute towards the coaches gift – there are 6 coaches. Please deposit in pool lock-box by July 22nd – THANKS!!

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Congratulations to the following Senior Swimmers who will close out their Eagles swimming careers this season: **Katie Gorsuch, Jackie Nguyen, Ruth Pearson, Elizabeth (Tiz) Shadley, Doug Spraul** and **Greg Vanamerongen**. Thanks for your contributions to the program and we wish you success in your future endeavors.



Look for our Swimmers on TV!!!

Championships will be taped (weather permitting) and broadcast on Cable Access. Check your Cable Access Channels for dates & times.

Evendale needs more Swimming Officials. Information regarding Swimming Official Clinics is available @ www.evendaleohio.org (Swimteam link). Please consider becoming a Certified Meet Official.



Thanks to ALL Swim Team Families, Coaches, Recreation Staff, Lifeguards & Volunteers for making the season a huge success. All your efforts really make a difference.

Enjoy your summer!!!!

The Night Before Championships

Twas the night before championships and all through the village
Not a creature was stirring, not even Kim Pielage
The Ribbons were placed in the Family Bins with care
In hopes that a 1st place soon would be there

The swimmers were nestled all snug in their beds
While visions of pool records danced in their heads.
With Dave in his Jammers and Eagles swim cap
Had just settled in for a 25 meter lap

When out in the pool there rose such a clatter
Dave stopped his swim short to see what was the matter
And what to his wondering eyes did appear,
Over 200 swimmers in Evendale swim gear.

More rapid than eagles his racers they came
And he whistled and shouted and called them by name
Now Dougie Now Brian Now Tiz and Libby
On Darcie on Carly on Ryan and Maggie

Throughout the season parents running and judging and timing
With Steve Berke starting and always combining
Thanks to Amy and Barb for all volunteers
And the Eagle tradition that grows stronger each year

Thanks to the coaches and the best swimmers we've seen
And for all her hard work, our President Maureen

We've had ice cream and danced and been fed spaghetti
Now it's time to shave down and rest so that you'll be ready
To swim as fast as you can and strive for your best
Keep the championship at Evendale that is our quest!

By Rob Hildebrandt