

EVENDALE EAGLES SWIM TEAM

2008 issue 5 contributions to newsletter – email to michelehilde@fuse.net

June 23, 2008



Eagles 2008 Swim Team Meet Schedule

All meets begin at 6:30pm. The **Sharonville** meet on June 26th and the **Wyoming** on July 8th will begin at 6:00pm

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

June 24th – BYE
June 26th – @ Sharonville @ 6pm
July 1st – @ Springdale
July 3rd – BYE
July 8th – @ Wyoming @ 6pm
July 10th – St Bernard - HOME
July 15th – Norwood - HOME
(Senior night and Ice Cream Social - See activity sheet for details)
July 17th – Rain Date (if needed)
July 21st and July 22nd - Championships at **Norwood!!!**

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



RIBBON DISTRIBUTION

Please wait until **Wednesday** or **Friday** (not during swim meet or when you are leaving the meet) to check your family bins for ribbons – waiting would help eliminate distribution confusion and errors – THANKS!

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.

6 & Under Practice Change

Effective Monday, June 23rd. Swimmers are going to be divided into a five group system (based on ability) with a permanent coach for each group. Coach Chad will rotate from group to group – helping out. Therefore, swimmers will have lane changes effective Monday. This change will provide our young swimmers will a consistent coach. Practices time remains unchanged.



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

Sendoff Party for Evendale Eagle and Olympic Trial Qualifier

BRIAN HOWELL



Brian will be leaving on June 27th for the Olympic Trials in Omaha, Nebraska. He will be swimming the 200 IM on July 3, competing with the United States best swimmers.

Please join us at the **Evendale Pool** on **Tuesday, June 24 at 7:30 PM** for a warm Evendale sendoff! We hope that you and your family will be there to celebrate Brian's remarkable accomplishment.

GOOD LUCK BRIAN!!

EAGLE T-SHIRTS “Olympians in Training” and swim caps are given to each 2008 swim team member. These items have arrived and are being passed out. Look for Evendale Eagle tank top and t-shirt order forms in your family bin. There will be a QUICK turnaround on these orders – SO DO NOT DELAY in placing your order. See Julie Gorsuch with questions.



SILICONE CAPS are available for \$8 - See Maureen Flavin @ swim meets to purchase caps or make other arrangements.

Our Coaches

Chad Winkle – Head Coach 377-2393 (cwinkle@cincy-marlins.com)
Angela Gorsuch
Katie Gorsuch
Jen Schell
Elizabeth (Tiz) Shadley
Greg VanAmerongen

MISCELLANEOUS NOTES FROM COACHES:

- COMING TO PRACTICE REALLY PAYS OFF-“YOU GET WHAT YOU GIVE.”
- STAY IN TEAM AREA DURING THE MEET.
- REMIND SWIMMERS NOT TO RUN AROUND DURING MEET.
- SIGN-OUT OF MEETS IN A TIMELY MANNER.



QUESTIONS?!

Please feel free to contact one of the parent board members

Steve Berke – 733-8815
Maureen Flavin – 563-7608
Vicki Koppenhafer – 769-4318

EVENDALE EAGLES SWIM TEAM

2008 issue 5 contributions to newsletter – email to michelehilde@fuse.net

June 23, 2008



CHAMPIONSHIP REQUIREMENTS

In order for a swimmer to compete in Championships, a swimmer must compete in at least 3 dual meets (excluding Apples & Bananas).

Advice: Don't wait until the last remaining meets to fulfill your requirement.

SHOW YOUR EVENDALE SPIRIT BY WEARING YOUR EAGLES "OLYMPIANS IN TRAINING" T-SHIRT AND SWIM CAPS!

Upcoming Swim Team Activities

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

Monday, June 30th – Muffin



Tuesday, July 8th – Cookie



Wednesday, July 16th – Watermelon



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



A false start is an immediate disqualification. Swimmers will swim the entire race and will be told @ the conclusion of the race that they have been disqualified (DQ). Recall rope will be rarely used. Restarts will be at the judgment of meet officials.



SWIM TEAM 13 & OVER CANOE TRIP–Thursday, July 3rd

Meet at Rec Center 11:45am and return to the Rec Center at approximately 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 form and \$15 per person in lock-box. Check the Swim Team Bulletin Board for Sign-up Sheet, Chaperones/Driver list along with drinks, snacks & desserts.

PRIVATE LESSONS

A private lesson may help your child's performance and break a bad habit. 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 ??s



"THIS IS A PENN ALERT"

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



The following photographers are taking fun/action photos of all our swim team kids for the infamous "Wall of Fame": **Angie Mitsch, Jen Mitsch, Jody Petersman, Donna Hettinger & Randy Ferchen.** All photos will be displayed on the wall in the gym on Awards Night. You can purchase these photos for .25¢ per photo. The money collected helps offset the processing expense. Thanks to these committee members!



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



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



27th Annual July 4th 10K Run & 4.5 Mile Walk @ 8:00AM

SIGN-UP @ Recreation Center - The entry fee is \$15 per person includes a free t-shirt to runners and walkers pre-registered by Wednesday, June 25th. 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. Race benefits Phi Lambda Pi, Evendale's teen organization.

POOL GAMES @ 2:00 PM

Sponsored by SwimSafe Pool Management, Inc.

Fourth of July Fest', 6:00 – 10:00 PM

Live Band, Inflatables, Kid's Carnival, Raffle Prizes, Food Vendors & much more!!

Rozzi's Fireworks @ 10:00pm

GOD BLESS AMERICA