

EVENDALE EAGLES SWIM TEAM

2008 issue 9 contributions to newsletter – email to michelehilde@fuse.net

July 15, 2008

32nd Annual Northern Suburban Swim League Championship Meet

Monday, July 21st and Tuesday, July 22nd 2008

Norwood 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 FOR WARM-UPS**
Monday, July 20th AM Session – 6:45am
(6 & under may arrive @ 8:30am)
Monday, July 20th PM Session – 3:30pm
Tuesday, July 21st Finals – 11:15am

✓ 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.

✓ DO NOT bring valuable items.

✓ 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 4, 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 designated area.

Chad’s Championship Notes



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 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 required for 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 16th –18th. Practice will be held from 8:30am – 9:30am.

PRACTICE – SATURDAY, JULY 19th

**** HIGHLY RECOMMENDED****
SO SHOW UP FOR PRACTICE!!!!
A Warm-up practice will be held on Sat, July 19th

11 & Older practice 10-10:30am
10 & Under practice 10:30–11am
(NO 6 & Under Swimmers)
A little time in the water is suggested just before Championships.



Volunteers are needed for CHAMPIONSHIPS @ Norwood.

FAMILIES WHO HAVE WORKED 2 MEETS OR LESS-PLEASE FIND TIME TO WORK CHAMPIONSHIPS.

Shifts include- Clerk of Course (lining up young swimmers in proper heats Monday AM) & Timers for Tuesday – Check-out Volunteer Board Posted @ Pool and sign-up. You will NOT MISS watching your child’s event. See Barb Rohs or Katie Leary with questions.



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 20th – THANKS in advance for your generosity!

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Senior Night - Ice Cream Social & Dance is Tuesday, July 15th

All swimmers and their families are invited to attend an evening of FUN! Music will begin immediately following the meet until 11pm (SO - GET READY TO DANCE). Ice cream tickets will be distributed during the meet. Volunteers are still needed for the evening. Please check the sign-up @ pool front desk and sign-up to help out with this event. Thanks to **Julie Gorsuch** for chairing this event.



Congratulations to the following Senior Swimmers who will close out their Eagles swimming careers this season: **Laura Flynn, Brian Howell, David Simon, Amanda Weber and Margo Werner**. 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.

Parent Board Members

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



Spaghetti Dinner & Pep Rally

Sunday, July 20th from 5-7pm in the Main Gym. All swim team members and their families are encouraged to attend. If your last name begins with “**A-N**”, please bring a **dessert** for at least 12; “**O-Z**” please bring a **salad** for at least 12. Activities include making banners & signs, nail painting, applying tattoos, decorating cars & getting fired up for Championships. Thanks to **Steve & Leanne Berke & Steve & Barb Russell** for organizing this event.



Setting-up & Tearing Down Team Tent

Volunteers will be setting up the Team Tent after the spaghetti dinner for our team area during the Championship meet. Meet in **Norwood** outside pool area.

After Championships this Tent will also be torn down. Volunteers are needed before going to the after Championship Pool Party.

Looking ahead **2009 Eagle Parent Volunteers** are needed for various positions – organizing medical forms, activity forms and PENN alert telephone numbers/email addresses, coaches gift, weekly newsletter editor and various other areas. Thanks to **Cynthia Caracci**, who has volunteered to handle lock-box deposits for the 2009 Season. Please see our Parent Board Members with your questions and consider giving your time.



After Championships Pool Party

COME for a NIGHT swim under the LIGHTS @ the Evendale pool after the Championship meet on Tuesday, July 22nd. NEW -The Finan & Thiss Families are ordering Servati Pretzel Party Sub (YOU WILL BE HUNGRY) sandwiches and are willing to shop for drinks, snacks & cake. \$2 per eater (\$10 max per family) will be accepted by **Friday, July 18th**. Complete the order form and put your NAME & \$\$ in **FINAN or THISS** family bin. Coolers are welcome. Thanks to Michael & Susie Finan and Mark & Helene Thiss for organizing this event.



End of Season Awards Night

The final swim team get together on Thursday, July 24th @ 7:00PM in Recreation Center Main Gym. Check-out photos throughout the season (.25 cents per photo to cover processing expense), pick up awards and coaches reflection on the season. **No fee or sign-up required.**



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
BE SAFE!!**