

Evendale Eagles Swim Team Newsletter

July 8, 2009, Issue 7.2009

Contributions to newsletter, email to Helene Thiss at hthiss@cinci.rr.com

Championship Meet
Monday, July 13 and
Tuesday, July 14
at Springdale!!!



Spaghetti Dinner & Pep Rally - Sunday, July 12

The Spaghetti Dinner and Pep Rally will be held on **Sunday, July 12, from 5:00 to 7:00 PM** in the Main Gym.

Please note the following **CHANGE** to the spaghetti dinner assignments, assigned by the first letter of your last name. Please bring enough for at least 12.

A-F dessert
G-M salad
N-Z fruit

Order form and money are due by July 7. Activities include making banners & signs, painting nails, applying tattoos, decorating cars and getting fired up for Championships. Come join the FUN!!! Thanks to **Steve/Leanne Berke and Steve/Barb Russell** for organizing this event.



Swim Team Awards Night Thursday, July 16

This final swim team gathering is on **Thursday, July 16, at 7:00 PM** in Recreation Center Main Gym. Please join us as the swimmers collect their awards and the coaches reflect on the season. Photos will be posted on the "Wall of Fame" for you to view and purchase. If you want to keep any of the pictures, please take them and pay 25 cents per photo to cover processing expenses. All are welcome. No fee or signup required.



Saturday Practice This Weekend

The coaches are recommending an additional weekend practice in preparation for Championships. The extra practice will be held this **Saturday, July 11** as follows:

10:00 – 10:30 AM 11 & Up
10:30 – 11:00 AM 10 & Under
No 6 & Unders at this time.

Also... good news!!! For the rest of the week, the 13 & up practice will begin at 8:30 AM instead of 8:00.

Championship Schedule

According to the Championship packet placed in your family folder, warm-up times for the meets are as follows:

Monday AM Session –

Warm-ups at 7:15 AM
Meet starts at 9:00AM

Monday PM Session –

Warm-ups at 3:40 PM
Meet Starts at 5:00 PM

Tuesday Session –

Warm-ups at 11:40 AM
Meet Starts at 1:15 PM



Championship Party Tuesday, July 14

The Championship party will be held at the Evendale Pool following the Championship meet on **Tuesday, July 14**. We will offer pretzel subs from Servati's, chips, drinks and cake. The cost will be \$2.50 per person and tickets will be handed out before the party. Place your payment in the swim team lock box in an envelope marked Championship Party by Friday, July 10. Thanks to **Susie/Michael Finan** for planning this event!

Volunteers Needed for Championship Meet

Volunteer sign-up sheets for championships will be posted at the pool. Please consider helping out if you can. See **Barb Rohs or Katie Leary** with questions.

Championship Line-Ups Posted

Check out the tentative line-ups posted at the pool for individual events. Relays will be posted at Spaghetti Dinner/Pep Rally.



Coach Chad's Corner...

It is time to collect on all of the hard work we have done this season. Keep a few things in mind this week:

- Try to sleep 8-10 hours every night.
- Stay out of the sun and rest.
- Drink plenty of fluids.
- Shave Down? It is not required but it is encouraged. Shaving arms, legs, back, etc. will improve times.
- Removing hair and a layer of dead skin will increase hydrodynamics. If you decide to do it, do so as close to your swims as possible, either Sunday night or Monday morning.
- Show good sportsmanship to other teams and individuals at the meets. You are representing yourself, our team, your families and Evendale at all times.
- Parents, please be proud of your kids in victory or defeat. Encourage beating your own times and try to worry less about beating the other teams.
- Most importantly, get ready to have fun and swim your fastest!!!

Coach Chad

513.377.2393

cwinkle@cincy-marlins.com

Championship Reminders...

- ✓ See the Championship packet in your family folder for arrival times.
- ✓ 6 & Unders only swim on Monday.
- ✓ 6 & Unders swim individual events once and earn points. The rest of the age groups swim to qualify on Monday and swim again to score points on Tuesday. After Monday, the top 12 swimmers plus 2 alternates qualify to come back on Tuesday to race for points. The top 6 swimmers swim in the championship heat for places 1-6. The next 6 fastest will swim in the consolation heat for 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.
- ✓ 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.
- ✓ Championship meets are during the day and are often HOT! Bring lots of water and/or sports drinks for the swimmers (and yourself).
- ✓ Consider carpooling with another family.
- ✓ Please drive with caution through the parking lots & in surrounding areas
- ✓ Bring sunscreen and bug spray.
- ✓ 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 so bring cards, games, books or those unfinished "summer packets". Label everything and look carefully for any forgotten items when leaving.
- ✓ Do not bring valuable items.
- ✓ Wear your Evendale Eagle team gear - T-shirts, suits, caps, etc. Everyone is encouraged to come back Tuesday evening during the finals and cheer on your teammates.
- ✓ Bring a lot of patience and be helpful with making your swimmer ready for their events!
- ✓ 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.



Coaches Gift

An envelope marked "Coaches Gift" will soon be placed in your family bin. There are 6 coaches and we would like to provide a nice gift for each of them as they have done such a great job of working with our children this season. If you would like to contribute, please place your donation in the envelope and put it in the lock box at the pool. No amount is too large or too small. Please make checks payable to Evendale Swim Team and submit by Sunday, July 12. Please contact **Vicki Koppenhafer** at vsk@cinci.rr.net if you have any questions. Thanks in advance for your generosity.



Congratulations to the following senior swimmers who were honored last Thursday on Senior Night: **Stephen Bennett, Rob Flavin, Cory Luther, and Danny McCarthy**. Thanks for your contributions to the success of the Evendale Eagles and we wish you the best in your future endeavors!



Volunteers Needed to Set Up Tent

Volunteers are needed to set up the team tent for Championships. Set up will occur immediately following the spaghetti dinner. If you are available to help, please meet at Springdale just outside the pool area. Help is also needed at the end of the meet with tearing down the tent.

Lost - Team Swimsuit

A girl's suit - size 24 and possibly marked "Eversole" - was left in the locker room after last Thursday's meet, before the ice cream social. If found, please contact Theresa Eversole at 554-0248.



Thank You, Steve Berke!!!

We want to thank Steve Berke for being the Start Official at all of our home meets. Steve has dedicated countless hours on his feet with little or no break time in order to start all of our races and complete our meets in a very efficient manner. Whether it is combining events or making timers hustle from one end to the other, the end result is a well-organized, well-run meet in Evendale and we appreciate it!

Thanks, Steve!!!



Thanks to all the parents who chaired events and performed tasks to make the swim season possible for our children. This may not include everyone but here is a list of many people who helped out this season:

Board Members – Steve Berke, Mureen Flavin and Vicki Koppenhafer
Volunteer Coordinators – Barb Rohs and Katie Leary
Ribbons – Delanne Ziegler and away meets - Tracy Rust
Scoring – Delanne and Craig Ziegler
Snack Mornings - Angela Guye and Julie Skoog
Apples and Bananas Pizza Party – Annie Shadley and Lisa Toney
Canoe Trip – Tamara Anderson and Barb Rohs
Ice Cream Social – Julie Gorsuch
Spaghetti Dinner/Pep Rally – Barb Russell and Leanne Berke
Championship Party – Susie Finan
12 & Under Sleepover – Katie Gorsuch and Tiz Shadley
Photo Coordinator – Christa Cobbs
Lockbox Manager - Cynthia Carracci
Team T-Shirts – Julie Gorsuch

Thanks to everyone else for doing your part by being timers, runners, announcers, stroke and turn judges, team area chaperones, heat line up coordinators, preparing coaches coolers, helping at events, etc. It takes all of you to help make the season run smoothly.