

**March 1, 2010** *Newsletter*

### **GOOD LUCK FLYERS!**

We wish all of our swimmers the best of luck this weekend at the Silver Championships at RPI. As always, we hope that everyone sets new personal best times in all of their events.

Note that programs at the meet will not be available immediately. Coaches will be required to hand in attendance sheets once warmups have begun, then events will be re-seeded and programs printed. **This means that if you are not on deck by warmup time, you will be scratched from that day's events!**

Team timing assignments had not been posted to the district's website as of this writing – parents, please check at the table through the week for timing assignments. Directions to RPI are at the table. A few relays are posted on the bulletin board.

A reminder that any swimmers who swim faster than the Silver cutoff times at the meet, automatically qualify for the Gold Championships, March 19-21. GO FLYERS!!!

### **GOLD CHAMPS. ENTRIES**

All Flyers' entries for the Gold Championships are due by THIS Friday, March 5. Entry times must be equal to, or faster than, the qualifying times. And, the entry times must be official times swum at a USA meet, or a HS or YMCA championship meet since January, 2009. Swimmers may participate on one, two, or all three days.

We will automatically enter any swimmers making Gold qualifying times at the Silver meet, or add events made by swimmers already entered in the meet.

### **FLYERS "CHALLENGE MEET"**

Our Challenge Meet will be held on Monday, March 15. Unless you will be participating in the Gold Championships, this will be the last activity in the pool for most of our swimmers.

This intra-squad meet is designed to challenge all of our swimmers at the end of a whole season of competition and practices, by offering longer events they may not normally

compete in at a USA meet, but may feel more comfortable trying with teammates, and before cheering family and friends. For most, simply completing the event will be an accomplishment and a culmination of a season of hard work and improvement. And, that's why every swimmer who participates will be awarded a ribbon!

Pick up a schedule of the events at the table. Swimmers must submit their entries on the regular yellow entry forms. Either ask for help in estimating entry times, or at the very least, write down times you may have for shorter distances of the same stroke, then Coach Paul will guesstimate for you.

**All entries are due by NEXT Monday, March 8.**

### **AWARDS BANQUET SIGN UP!**

All members may now sign up at the table for the Awards Banquet, to be held in the elementary school cafeteria, Wed., March 24, 6PM. All Flyers will receive an award!

This is a "bring-a-hot-dish-to-share" dinner! When signing up, please indicate the number of people who will be attending, and the "hot dish" you will be bringing. We ask that members also bring their own drinks and utensils. The club will provide rolls, dessert, and coffee.

Any swimmers who can not attend may ask another team member to get their award, or contact Coach Paul or Liz.

### **LAST PRACTICE**

The last regular practice for the *White/Blue/Red* groups will be NEXT Monday, because we will have our "Bring-a-Friend!" Fun Night on Friday, March 12, 6-7:30. (The *Silver/Gold/Srs* will practice, 7:30-8:30, after the activities.)

#### **"SWIMMERS-OF-THE-WEEK!"**

*White:* Tori Brown

*Blue:* Jenna Snyder

*Red:* Tawnie Butkowski

*Silver:* Sarah Baker

*Gold/Srs:* Emma Wuerdeman & Emily Caffry

**Congratulations Flyers!**