

COBIA CURRENTS

10 June 2008

The swim season is off to a great start. We have many new families which is always wonderful to see. Morning practices start June 16. There WILL be practice on the last day of school in the evening.

Beginning June 16 the daily practice schedule will be as follows:

10 and under - 8:00 - 9:00 daily

11 and up - 9:30 - 10:30 Daily

Evening Practices are 6-7 pm Tues and Thursday

(Evening Practices are only for swimmers of working parents or for swimmers who are temporarily enrolled in a camp.)

Mini Cobias start Monday, June 23. Practice will be 8:50 - 9:30 daily.

PASTA KICK-OFF PARTY: The Pasta Kick-Off Party will be this Friday, June 13 from 6-8. We will have practice before the kick-off party. Please bring a dish to share by last name:

A- P: Please bring a hot or cold pasta dish to share (8 servings with serving utensils).

Q-Z: Please bring cookies or brownies (no nuts).

Salad, Bread and Lemonade / water will be provided.

** Volunteer hours available for set up and clean up!

Questions or to RSVP: Jill Wheeler (703-455-6468 or

jmwheeler1@cox.net)

TIME TRIALS: Time Trials are this Saturday, June 13 beginning at 9:00. Swimmers should arrive at 8:00 to be ready for warm-ups. Set-up will begin at 7:30. Every swimmer should swim as many events as he/she can swim so that we have good times for everyone. The coaches will be signing the swimmers up on Wednesday and Thursday at practice. If a swimmer does not attend practice he/she will be signed up anyway.

CONCESSIONS always needs volunteers to pick up ice and coffee before Saturday swim meets. Please contact Patty Jarrett if you can help out with this job. Her e-mail address is rpczjarrett@cox.net.

BAKED GOODS: *The concession stand needs many volunteers to bake brownies and cookies for the concession stand to sell.* These are great money makers and a good, easy way to fulfill your volunteer hours. All baked goods should be individually wrapped in portions that will sell for \$.50.

SET-UP/TEAR DOWN: We always need help setting the pool up before home meets and tearing down afterwards. If you can come to the pool early and help out that would be great.

OFFICIALS: Anyone who is working at a meet on the deck (timers, clerk of course, stroke and turn, etc) must wear white shirts (without pool logos) and navy blue shorts or pants (not jeans or jean shorts).

T-SHIRTS:

T-Shirts and sweatshirts should be in this week so that we have them before time trials. We will try to hand them out at the Kick-Off Party. There will not be another t-shirt order this year.

VOLUNTEERING: The volunteer sign-up book will be at each practice. Please sign up to help out. If the jobs listed don't fit your time/ability to work, please see me. We always have something that needs to be done! Here is a list of some of the "other" jobs that we need help with if you can't work during a meet:

Setting up/Tearing Down before and after home meets

Baking baked goods for home meets

Helping with Monday Bagel Breakfasts

Helping with socials and pep rallies

Ordering trophies

Distributing t-shirts

Helping with the Leukemia Swim-A-Thon

Helping at the Midnight Swim Team Party

Helping at Mini Meets

Please see Susan if you'd like to help with any of these jobs

STROKE AND TURN JUDGES:

We still need Stroke and Turn Judges. There are two more clinics. You do not need to make reservations at the clinics. Just show up and let me know you attended. It is a relatively easy job that anyone with or without swimming experience can perform.

The clinics are:

Sunday, June 15 at 9:30 am at Sleepy Hollow Rec (SHR)

Wednesday, June 18 at 7:00 pm at Sleepy Hollow Rec (SHR)

Absence Forms and Volunteer Forms:

Forms are in the front of the swim team folder box. Please turn in absence forms by the Monday before Saturday meets. Place completed forms in the Team Rep folder.

GO COBIAS!

Susan Ippolito
Cottontail Team Rep
COBIAS@Cox.net