

## 10-14-09 GHS Swimming and Diving UPDATE from AMY PALMER

The swimming/diving season is quickly coming to an end. Only 4 weeks left.

Oct 15 **Meet WILL be held vs. P.K. Yonge & St. Francis (Coach decision on Oct 14)**  
Oct 16 Morning Practice **8 am at Westside**

**Polo exchange for Parents:** If your athlete does not like/want their polo shirt, you may exchange it with me for a size that would fit you...assuming that I have that size in stock. It would be nice if all our parents could wear their polos to the district meet on the 29<sup>th</sup>. I will be at practice on the 15<sup>th</sup> and 16<sup>th</sup>. Otherwise, you will just have to catch me sometime at the pool.

**Sweat Suits** were distributed yesterday at the meet. If the suit does not fit your athlete, they might be able to trade it out with another swimmer. Many of the girls are looking for smaller pants if available. I think the suits turned out much better than I expected. I was told that divers are doing something different for their suits so they were not ordered with the swimming order.

### Oct 23 **Deadline for sponsors in the Regional Swim Meet Heat Sheet.**

Every one who made a donation to sponsor our banner will have their name or business in the heat sheet (once I submit the information). If you would like to make a donation and have your name added to the Regional Heat Sheet please see Amy Palmer very soon. I would like to have every parent represented.

Oct 19-23 Practice as usual at NE

Oct 26, 27 **District T-shirts** will be distributed at the pool. Cool design and Names on the back. Parents may buy extra district shirts for \$10.

Oct 28 Practice at the normal time at NE

**Dinner on the Deck before Districts:** Dinner will be held for the whole team at the home of the Coleman's. Details coming soon.

**1<sup>st</sup> Annual Super Shaving Shindig** at Gaby Alim's. (For both girls and guys)  
Details coming soon.

Oct 29 **District Swim Meet** at the OConnell Center. Details coming soon.

November 5<sup>th</sup> **Regional Swim Meet**

Eastside needs our help with the Regional Swim Meet. Please help if you can. Email their people if you can help.

**Be a sponsor in the Heat Sheet.....**See Amy Palmer for details.

**Timers.** Apparently we need about 2 folks per lane for 8 lanes plus 4 or 5 folks to offer relief per session. The preliminary timers will be needed from about 7:30 am until noon. The Finals timers work from about 4 until relays are over, 8 or 9 pm I guess. So, that is about 40 people needed. Please ask your parents to help. They can email me to sign up for this: [wils7186@bellsouth.net](mailto:wils7186@bellsouth.net)

**All swimmers** are asked to provide a 2 liter container of gatorade or juice for the hospitality room . A few fruit plates would be nice as well. Please have these folks sign up with and contact Melissa Reccoppa at [reccoppa5@yahoo.com](mailto:reccoppa5@yahoo.com)

**To entice volunteers : The first 20 volunteer timers to sign up per session will not have to pay the \$10/session gate fee :) It is a great view and it is fun.**

November 12<sup>th</sup> State Swim Meet

Saturday Nov 14<sup>th</sup> Swimming and Diving end of the season Banquet