



SWIM TEAM NEWSLETTER - JUNE 2, 2009

ATTENTION PARENTS

We are looking forward to a great meet on Sunday when Hungary Creek Swim Team arrives at our pool. Our swimmers and families are asked to arrive at 12:30 p.m. when the gate will open. A check in table will be outside the front gate for swimmers and parent workers. The swim team board would like to thank each of you for volunteering your time. The volunteer assignments are posted on our website at www.churchrunrockets.com. Please remember that if there are conflicts with your schedule or you are unable to do your job, it is your responsibility to find a substitute or switch with another family; please contact Mary Drimer or Debbie Parrott, our Parent Reps with any changes. Please arrive at your job on-time so that the meet can run efficiently. Snack Bar workers are reminded that the first shift runs from 12:00-3:15 and second shift from 3:00 to 6:00 p.m.

Parents should not approach the deck officials during the meet. If you have an immediate question about a DQ, you may speak with a coach. Remember to please clean up your area after the meet.

Have a great time and encourage your swimmers to swim fast!

From the Coaches

Greetings Rockets, and welcome to another exciting season of swim team at Church Run! We are very excited to have a large number of kids signed up for the summer.

We would like to remind swimmers and parents that caps and goggles are recommended for meets. For any questions, concerns, or comments that you may have for the coaches; please place a note in one of our folders in the communications boxes located at the pool. For notification regarding swimmer availability at a meet, please email directly to the coaches at churchrunrockets@gmail.com. This email is only for communications to the coaches regarding swimmers' attendance at meets. The coaches need to know by the Friday before the meet if a swimmer will be absent for the meet.

Again, don't forget to check in as you are entering the meet! We have to know those present!

Get to Know Our Coaches

Head Coach, **Sarah Ridgway**, a former Rocket herself, swam for Church Run for thirteen years. She also swam for Nova for ten years. Sarah began teaching swim lessons in 2004, and this is her fourth year coaching for us. Sarah attends The College of William and Mary. She enjoys scrapbooking, playing the violin, shopping, and going to the beach.

Wyatt Haas is back for a second year as one of our Assistant Coaches. He is a rising Senior at Benedictine, where he is on the cross country, track, and swim teams. Wyatt has been on the Church Run Rockets swim team for thirteen years. He also swam with Nova for six years in the past.

Gaites Brown, is our new Assistant Coach. He has been swimming for fourteen years. He has experience as both a summer league GRAL swimmer for Foxhall and as a Nova swimmer. A graduate of Deep Run High School, Gaites is a rising Sophomore at NC State University, where he is on the men's swim team. Gaites enjoys surfing and especially enjoys eating in large quantities, as some have noticed.

Our part-time Assistant Coach, **Jessica Arndt**, is a long time Rocket having started on swim team when she was six years old. She is a current Nova swimmer, where she joined that team at seven. Jessica is a rising Senior at Deep Run High School, where she has enjoyed being a cheerleader, currently serving as Varsity Captain. She was recently elected School President for the coming year. This is her second year coaching for us.

GO Rockets!

Rocket Schedule

June:

7: Meet 1 Home vs. Hungary Creek, 2:00 p.m., Theme: High School Musical

17: Movie Day following morning practices, movie/time TBA

Meet 2 Away vs. Fox Hall, 6:00 p.m.

23: Pasta Party and Team/Individual Pictures

Individual pictures start at 5:00 p.m., Team Picture 6:30 p.m., Pasta Party follows.

24: Movie Day, movie TBA

Meet 3 Away vs. Colonies, 6:00 p.m.

July:

1: Movie Day following morning practices, movie/time TBA

Meet 4 Home vs. Canterbury, 6:00 p.m.; Theme: Red, White, and Blue

8: Movie Day following morning practice, movie/time TBA

Meet 5 Away vs. Wyndham. 6:00 p.m.

9: Water Country USA Trip

10: Rain date for Water Country USA Trip

14: Bowling following morning practices, time TBA

Meet 6 Home vs. Twin Hickory, 6:00 p.m., Theme: Hawaiian

19: Pool Party and 20th Anniversary Celebration 7-10:00 p.m.

Rain date - Monday, July 20

22: Annual Awards Ceremony, 6:30-8:00 p.m.

Christ Church Episcopal on Pouncey Tract Road

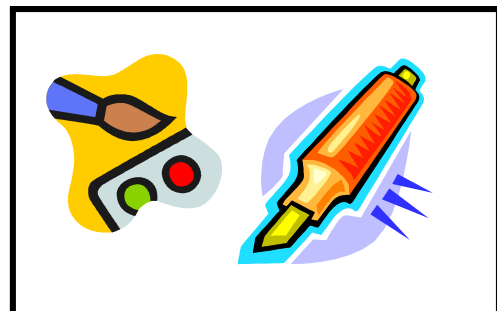
25: Champs for Mites, Midgets, & Juniors, Freedom Center

26: Champs for Intermediates & Seniors, Freedom Center

**Every Friday is Blow Pop Practice

**Practices after meets will have donuts in the am and Skittles in the pm.

POSTER CONTEST!



Show your Rocket Spirit by creating a poster for our first meet. You may use your imagination and creativity to come up with any type of poster you like as long as it shows team spirit and sportsmanship. Posters can be made individually and as part of a team effort. Please put swimmer(s) names on the back along with the age group of each swimmer. Posters are due by Friday, June 5.

All posters will be displayed at the meet. There will be one winner for each age group and one for group effort. All winners will be invited to have a pizza lunch with the coaches.

ROCKET FUEL!!!!!!

The Rocket Fuel Snack Bar is excited to announce the return of our amazing snack bar managers, Bert and Rhonda Holland! It wouldn't be the same without them. The snack bar officially opens at 1:00 p.m. on Sunday, June 7. We will be serving yummy favorites of Papa John's Pizza, Cheeseburgers, Italian Sausages, and Hot Dogs as well as ice cold watermelon and a variety of snacks and drinks. Please support the swim team by visiting the snack bar, as this is our only means of fundraising for the rockets. See you Sunday!

AUCTION ALERT!

Thank you to everyone who participated in the auction for the VIP parking spot for a home meet and for front row seats at a home meet! The Manspile family won the front row seats, and the Besnier family won the parking spot. Congratulations!

