



SWIM TEAM NEWSLETTER—JUNE 15, 2009

ATTENTION PARENTS

We want to thank everyone who volunteered at the first meet against Hungary Creek. We are looking forward to a great meet on Wednesday against Fox Hall. Fox Hall's pool is located at 13550 Causeway Drive. Their parking lot is very small.

Once full, you may park on the side streets of their neighborhood or on Causeway heading toward the Colonies. **Do not park on Causeway from North Gayton Road (entrance of Fox Hall neighborhood) to the black mailbox at the corner of the clubhouse entrance and Causeway.** Fox Hall's pool is 25 meters.

Please check the volunteer assignment form to see if you are scheduled to work this meet and to see what time you need to arrive for your position. A copy of the updated form is posted on our website at www.churchrunrockets.com. Please remember that it is your responsibility to find a substitute or switch with another family if you are unable to work your assigned job. Please let Debbie Parrott or Mary Drimer know about any changes. If you need clarification about what your assigned job entails, job descriptions are also available on the CRR website. Finally, please arrive for your job on time so we can ensure a smooth start to the meet.

All swimmers need to check in with Kim Gilbert, our Check-In Coordinator, by 4:50 p.m. Kim will be seated just outside the pool's entrance prior to the meet. Debbie Parrott and Mary Drimer will be checking in volunteers and providing each volunteer with a name tag. They will also be seated just outside the pool's entrance.

Our team's seating area is to the back left of the pool deck as you enter the pool area (to the left of the diving board).

Parents should not approach the deck officials during the meet. If you have an immediate question about a disqualification (DQ), please speak with a coach.

Please clean up your area prior to leaving the meet.

Thanks again for your willingness to help make our meets successful!

Mary Drimer and Debbie Parrott
CRR Parent Reps

Rocket Schedule

June:

- 17: Movie Day following morning practices
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
Meet 3 Away vs. Colonies, 6:00 p.m.

July:

- 1: Chick-fil-A at Short Pump Town Center @ noon following morning practices
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: Go Yellow
- 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.



Wednesday Movie

Imagine That (PG)

6/17 @ 11:25 a.m.

Short Pump
Regal Cinemas

Important!

This is a reminder to all parents and swimmers. Only children, aged 10 and over are allowed to be at the pool without a parent or guardian unless swim team practice is underway. Children under ten must not be swimming unsupervised at any time. Please be sure to pick young swimmers up promptly after practice ends.

Mission Project

Remember that CRR is collecting colorful and fun band-aids for pediatric hospital patients. It makes such a difference for these kids when they can choose a special band-aid rather than a plain one. Thanks for making a difference.



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Coaches' Clinics

The coaches will be holding clinics on Monday and Wednesday. Clinics are \$10 for thirty minutes. Topics include starts and turns, breaststroke, and butterfly. Sign-up sheets will be at the pool.

CRR Board Volunteer Opportunity

The CRR Board is looking for a Co-Computer Rep to shadow our current Computer Rep to learn the job this year and to share the job next year. If interested, please contact Suzanne Ridgway and Bridget Westhoven for details.



POSTER CONTEST WINNERS!

We hope everyone enjoyed the great posters displayed at the first meet. The winners of the poster contest receive a pizza lunch with the coaches. Following are the CRR winners: Morgan Baxter, Colin Berrier, Megan Crews, Ali Funk, Caelan Funk, Emily Keeler, Sarah Lambert, Anne Randal Manspile, Ellie Manspile, Kate Martelino, Matt Murphy, Drew Thompson, Rebecca Uecker, and Samantha Uecker.

Congratulations Record Breakers!

Congratulations to **Jacob Smith** who broke the previous record from 2001, in the Junior Boys 50 Yard Butterfly with a time of 28.65.

Congratulations to the Relay Team of **Adam Smith, Riley Aiken, Gareth Mancini, and Mitchell Smith**, who broke the previous record from 2007, in the Midget 200 Yard Freestyle Relay with a time of 2:07.03.

Congratulations to the Relay Team of **Jack Hockman, Casey Hall, Wyatt Haas, and Michael Crawley**, who broke their previous record from last summer in the Senior 200 Yard Freestyle Relay with a time of 1:40.41.

CHAMPS QUALIFIERS FROM MEET #1

Courtney Adams	Sam Essex	Gareth Mancini
Lindsay Aiken	Katie Gilbert	Kent Mancini
Riley Aiken	Townley Haas	Carley Mildrum
Jessica Arndt	Wyatt Haas	Hallie Miller
Brett Barden	Mattie Hadd	Rory Miller
Reid Barden	Owen Hadd	Lizzy Powell
Vance Barden	Casey Hall	Rebecca Rafalowski
Rian Baxter	Cullen Hall	Samantha Rafalowski
Maggie Beckman	Hampton Hall	Benny Richardson
Sam Beckman	Jenny Harlow	Joshua Ridgway
Carson Berrier	Marianne Hastings	Brittany Rieckmann
Zach Bocklet	Nicholas Hastings	Bryan Rieckmann
Kristen Cashwell	Jack Hockman	Thomas Robison
Caroline Cipolla	Zach Holland	Jack Sandler
David Cipolla	Ric Hoyt	Henry Sebrell
Michael Crawley	Danielle Jansen	Adam Smith
Liam Deegan	Jack Keller	Jacob Smith
Jack Drimer	Adam Lewis	Mitchell Smith
May May Drimer	Joshua Lockwood	
Andrew Elgin	Adam Mallory	

RESULTS FROM MEET #1

	Church Run	Hungary Creek
N	662.5	480.5
ADV	348	174
JV	248	238
V	319	225
ADVR	146	66
VR	112	92
Total	1798.5	1275.5

Quad Winners

Courtney Adams
Riley Aiken
Brett Barden
Reid Barden
Rian Baxter
Wyatt Haas
Zach Holland
Jacob Smith
Mitchell Smith

Triple Winners

Jessica Arndt
Maggie Beckman
Kristen Cashwell
Michael Crawley
Liam Deegan
Jack Drimer
Katie Gilbert
Townley Haas
Casey Hall
Nicholas Hastings
Jack Keller
Adam Lewis
Gareth Mancini
Kate Martelino
Lizzy Powell
Brittany Rieckmann
Adam Smith



Swim Fast Church Run Rockets!