



SWIM TEAM NEWSLETTER—JUNE 22, 2009

ATTENTION PARENTS

We want to thank everyone who volunteered at the rainy meet against Fox Hall. 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 and 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.

We are looking forward to a great meet on Wednesday against The Colonies. The Colonies' pool is located on Wilde Lake Drive. The Colonies have graciously designated their parking lot for us. All swimmers need to check in with our Check-In Coordinator, by 4:50 p.m. and drop off any food donations (See article on page 2.) Our check-in area will be located at the clubhouse pool entrance. Debbie Parrott and Mary Drimer will be checking in volunteers and providing each volunteer with a name tag as well. Our team's seating area will be the terraced area on the pool entrance side. The Colonies' concession area is located upstairs on the clubhouse deck. Restrooms are located under the clubhouse and inside the clubhouse upstairs. Results will be posted upstairs by the concession area.

In the event of lightning, please leave the pool deck as soon as possible and wait in your cars. Children are not allowed on the playground or out of cars during a storm.

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



Church Run Rockets *Pasta and Pictures Party*

Tuesday, June 23, at the pool in your team suit!

5:00 p.m. - Individual Photos

6:15 p.m. - Dive Team Photo

(Be on time or you will not be in the picture!)

6:30 p.m. - Swim Team Photo

(Be on time or you will not be in the picture!)



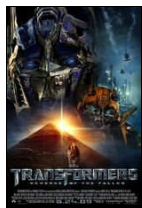
Pasta Party will begin following Swim Team Photo.

Bring your favorite dish to share and beverages for your family please! Dessert will be provided.

No glass containers will be allowed.

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Wednesday Movies



**Transformers:
Revenge of the Fallen (PG)**
6/24 @ 12:20 p.m.
Short Pump Regal Cinemas



The Proposal (PG-13)
6/24 @ 11:40 a.m.
Short Pump
Regal Cinemas

Rocket Schedule

June:

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.

Canned Food Challenge

The Colonies wants to challenge Church Run for a canned food drive simultaneous to the swim meet. Next weekend is The Colonies' annual 24 Hour Swim-A-Thon to benefit the Virginia Food Bank. Please bring non-perishable food stuffs for the Virginia Food Bank. Church Run swimmers should leave their donations at our check-in table. The Colonies will handle the rest but will include both teams in the correspondence to the Food Bank as donors.



Last year Colonies was named as one of the top 20 single largest donors to the Food Bank. The two teams combined could feed a lot of hungry, less fortunate kids.

Congratulations Record Breakers!

Congratulations to the Relay Team of **Maddie Hadd, Adam Smith, Mitchell Smith, and Riley Aiken** who broke the previous record from 2007, in the Midget 200 Meter Medley Relay with at time of 2:45.09.

RESULTS FROM MEET #2

	Church Run	Fox Hall
N	649	454
ADV	312	201
JV	300	195
V	288	314
ADVR	90	110
VR	104	82
Total	1743	1356

CHAMPS QUALIFIERS FROM MEET #2

Morgan Baxter	Mark Graff	Abby Klein
Molly Bruce	Maura Graff	Luca Ostertag-Hill
Kristen Cashwell	Kelsey Johnson	Hunter Sundlun

Quad Winners

Riley Aiken
Kristen Cashwell
Jenny Harlow
Kelsey Johnson
Jacob Smith
Mitchell Smith

Triple Winners

Liam Deegan
Maura Graff
Jack Hockman
Julia Holland
Josh Ridgway
Adam Smith
Hunter Sundlun

Swim Fast Church Run Rockets!