



SWIM TEAM NEWSLETTER—JUNE 29, 2009

ATTENTION PARENTS

We are looking forward to a great meet on Wednesday when Canterbury's swim team arrives at our pool. Our swimmers and families are asked to arrive at 4:30 p.m. when the gates open. The check-in table for both swimmers and parent volunteers will be located near the sidewalk before you enter the pool. All swimmers need to check in with Kim Gilbert, our Check-in Coordinator, and all parent volunteers should check in with Debbie Parrott and Mary Drimer.

If you are unsure about whether you are scheduled to work during the meet or what time you need to arrive for your job, please check the website at www.churchrunrockets.com. If you are unable to do your job, please find a substitute or switch with another family. If you do switch jobs with another family, please contact Debbie Parrott at dspmpmof3@aol.com or Mary Drimer at caperton11@comcast.net, so they can update the volunteer list and ensure that the correct name tags are printed.

Please arrive at your job on time so the meet can start on time. It is especially important for all first-half snack bar volunteers to arrive by **4:00 p.m.**, so the snack bar can be ready to serve hungry swimmers prior to the start of the meet. **Families with the last names beginning E-L are scheduled to clean up and restore the pool deck at the conclusion of this week's meet.**

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

Please clean up your area after the meet.

Thank you so much for all your help so far this season. We appreciate everyone's willingness to volunteer. We'd especially like to thank those of you who have enthusiastically volunteered to work when there was a last-minute need.

Debbie Parrott and Mary Drimer
CRR Parent Reps



Lunch at Chick-fil-A!

Short Pump Town Center Food Court
Wednesday July 1
12:00-1:30 PM



Please see order form previously sent via email. We need all food orders by the afternoon of June 30.

Please send a brief e-mail with the names of all people attending along with their orders to gwynperkins@verizon.net.

Parents must accompany their kids to lunch.

Thanks! See you all on Wednesday!!

Important!!

Please be sure to check relays BEFORE you leave the swim meet. There are often last minute changes, so it is important to stay until the end of the meet!

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Rocket Schedule

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.

Rocket Fuel Café

Make sure to stop by and check out our hot new items on the menu at the Rocket Fuel Café! One of our fabulous parents, Gwen Vaughan has graciously offered to prepare Grilled Chicken Wraps for us as a healthy alternative for dinner. Be sure to try one while they last! We are also excited to introduce Nachos, frozen Gogurts, and some fun surprises for the kids.



We want to thank you for your donations to the Rocket Fuel Café. We will send out email reminders about your snack bar donations a week prior to your delivery date. If you are unable to provide your donation, please let us know. Every item is important right down to the spoon!

Last Chance

To Get Personalized 20th Anniversary Shirts

Orders for these special shirts will be taken through July 1. Orders will be taken at the meet Wednesday and submitted the next day. You may also email Ellen Bradley at bradsters@comcast.net to place an order.

There is a ten character limit, including spaces and punctuation, for the name on the back of the shirt. The sizes are Youth - medium, large, and extra large and Adult - small, medium, large, and extra large. The shirts are \$10 each.

Champs Coordinator

Sue Smith is returning this year as our Champs Coordinator. Many thanks to Sue for taking on this role again. If you need to contact Sue regarding Champs, please make note of her email address: smith33@comcast.net.

Lost & Found

If you have lost a grey towel with a design of parrots, please see Cheryl Rudolph.

Congratulations Record Breakers!

Congratulations **Brett Barden** who broke the previous record from 2000, in the 13-14 Boys 100 Meter Breaststroke with a time of 1:17.00.

Congratulations also to **Michael Crawley** who broke his own previous record from 2007 in the Senior Boys 50 Meter Backstroke with a time of 29.86.

RESULTS FROM MEET #3

	Church Run	The Colonies
N	628	469
ADV	279	334
JV	298	213
V	396	139
ADVR	126	88
VR	118	58
Total	1845	1301

CHAMPS QUALIFIERS FROM MEET #3

Mitchell Bertonneau	Morgan Dickie	Hallie Miller
Molly Black	William Gerndt	Claire Parkinson
Brad Carnahan	Katharine Helm	Amber White
Megan Crews	Danielle Jansen	

Quad Winners

Riley Aiken
Brett Barden
Casey Hall
Jack Hockman
Kelsey Johnson
Thomas Robison
Mitchell Smith

Triple Winners

David Cipolla
William Gerndt
Maura Graff
Maddie Hadd
Hampton Hall
Carley Mildrum
Adam Smith
Jacob Smith

**Wear Your 20th Anniversary Shirts
for this meet, Wednesday, July 1!**