



## **SWIM TEAM NEWSLETTER—JULY 6, 2009**

### ***ATTENTION PARENTS***

**THANK YOU** very much to everyone who volunteered or offered to volunteer for our two-night meet against Canterbury. We particularly appreciate everyone's willingness to step forward and fill vacant positions on Thursday. It certainly made our job easier.

This Wednesday, we will swim against the Wyndham Tidal Waves at their pool. **(Please note that we will NOT be swimming at the NOVA facility, which is what the original volunteer schedule indicated.)** Wyndham's pool is located at 6401 Old Wyndham Drive. Their parking lot is very small, so they are encouraging families to carpool. Families can also park on the grassy area between the tennis courts and along Old Wyndham Drive. Please heed the "no parking" signs that are posted. There will be parking attendants to help. Wyndham's pool is 25 meters.

The theme for Wyndham's meet is *Under the Sea Night!* Dress up in beach or Hawaiian attire or come as your favorite sea creature. Wyndham is also having a "Pink Cap Night" at this meet. They will be selling pink swim caps for \$5 to benefit the Susan G. Komen Foundation. If you aren't dressing for the theme, please wear pink to show support for all who have been affected by breast cancer.

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](http://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 us know about any changes. Finally, please arrive for your job on time so we can ensure a smooth start to the meet.

Swimmers need to check in with Kim Gilbert, our Check-In Coordinator, by 4:45 p.m. Kim will be seated just outside the pool's entrance prior to the meet. We will also be seated just outside the pool's entrance to check in all parents scheduled to work during the meet.

Our team's seating area will be to the left and right of the pool house as you enter the pool area.

As a reminder, 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 all your help!!!!

Mary Drimer and Debbie Parrott  
CRR Parent Reps

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### ***From Your Coaches***

If our swimmers achieve 75% best times at the swim meet versus Wyndham, there will be a pancake breakfast at practice the following week. Get excited to swim fast and enjoy some pancakes!

### **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!



## CRR Annual Water Country Trip

Don't forget that the Water Country Trip for CRR families and coaches is this Thursday, July 9, with a rain date of Friday, July 10.

Discount tickets are available from Henrico County's Recreation Department. All day tickets for ages 3-9 cost \$24.95, and tickets for ages 10 and older are \$31.95. The county accepts cash, pin-based debit Visa and MasterCard, and Discover credit cards only. They do not accept checks or other types of credit cards. Tickets may be picked up at the Human Services Building, 8600 Dixon Powers Drive. Call 501-7500 for more information.

Fun Practice will take place from 9:00-9:45 a.m., then everyone will leave for Water Country. The coaches plan to arrive at 11:00 a.m. and meet OUTSIDE the front gate with anyone who has arrived. They will also plan to meet at the Wave Pool on the upper deck by the food stands at 1:30 p.m. for lunch.



## Wednesday Movie

**Ice Age: Dawn of the Dinosaurs**

**Rated PG**

**11:30 a.m. @ Regal Cinemas**

**Short Pump**

## Pictures Needed

*Don't forget to send your digital or scanned pictures to Susan Hockman at [crrswim@verizon.net](mailto:crrswim@verizon.net). If you have paper photos that need to be scanned, Susan will be glad to scan them and return them to you. We want pictures from this season and from the past for our 20th Anniversary Slide Show.*

## Fun Band-Aids Make It Better!

Our Band-Aid drive is still underway. Please bring "character" Band-Aids to the collection box at the pool. These colorful and fun bandages go a long way to brighten the day of a child who is in the hospital. The normal hospital supply consists of boring tan bandages. The kids love to have the choice of a special one. The Band-Aids will be delivered to VCU's Pediatric Unit at the end of the season.



# UPCOMING GO YELLOW NIGHT

We along with Twin Hickory Pool are planning our last meet to be "Go Yellow Night" designed to raise money for Livestrong—the Lance Armstrong Foundation, which is set up to help victims of cancer and survivors of cancer as well as further research for cures. More details will be coming.

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## Rocket Schedule

### July:

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 20<sup>th</sup> 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.

### Quad Winners

Michael Crawley

May May Drimer

Kelsey Johnson

Carley Mildrum

Rory Miller

Sydney Pesetti

Jacob Smith

Mitchell Smith

### Triple Winners

Brett Barden

Maggie Beckman

Molly Bruce

Jack Drimer

Erik Engelke

William Gerndt

Mark Graff

Maura Graff

Townley Haas

Zach Holland

Adam Mallory

Adam Smith



## Congratulations Record Breakers!

Congratulations **Sydney Pesetti** who broke the following records: from 2005, in the 11-12 Girls 100 Yard IM with a time of 1:06.81, from 2002, in the 11-12 Girls 50 Yard Butterfly with a time of 29.12, and from 2004, in the 11-12 Girls 50 Yard Freestyle with a time of 26.69.

Congratulations to **Mitchell Smith** who broke the previous record from 2007, in the 9-10 Boys 100 Yard IM with a time of 1:13.03.

Congratulations also to **Michael Crawley** who broke the previous record from 2005, in the 15-18 Boys 100 Yard IM with a time of 55.75.

Congratulations to the Relay Team of **Riley Aiken, Adam Smith, Mitchell Smith, and Gareth Mancini** who set a new record in the 9-10 200 Yard Medley Relay with a time of 2:22.54.

Congratulations to the Relay Team of **Jacob Smith, Courtney Adams, Sydney Pesetti, and Townley Haas** who set a new record in the 11-12 200 Yard Medley Relay with a time of 2:02.12.

Congratulations to the Relay Team of **Michael Crawley, Vance Barden, Jack Hockman, and Jessica Arndt** who set a new record in the 15-18 200 Yard Medley Relay with a time of 1:50.75.

### CHAMPS QUALIFIERS FROM MEET #4

Sam Beckman	Emma Graff	Sydney Pesetti
Madison Bradley	Julianna Jett	Brady Wortzel
Tristan Dunham	Jamie Lockwood	
Erik Engelke	Spencer Pesetti	

### RESULTS FROM MEET #4

	Church Run	Canterbury
N	585	565
ADV	300	250
JV	268	238
V	366	303
ADVR	124	90
VR	112	92
Total	1755	1538

# GO Rockets!

Great Job Swimmers—We had some fast swimmers and won almost every relay!