



SWIM TEAM NEWSLETTER—JULY 13, 2009

ATTENTION PARENTS

We are looking forward to a great meet on Tuesday when Twin Hickory Swim Team arrives at our pool.

As you may know, the theme for the meet is “Go Yellow.” We will be selling yellow swim caps and handing out yellow pennants at practice for our swimmers to personalize in honor or memory of someone affected by cancer. We will be hanging the decorated pennants along the fence around the pool for the meet. Finally, we will be hosting a lemonade stand from 4:00 p.m. to 6:30 p.m. There is a sign-up sheet posted on the bulletin board at the pool for swimmers interested in volunteering at the lemonade stand. Proceeds from the sale of the caps and the lemonade stand will be donated to the LIVESTRONG Foundation.

Our swimmers and families are asked to arrive at 4:30 p.m. when the doors 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 or Mary Drimer.

An updated volunteer schedule is posted on the website at www.churchrunrockets.com. If you are unable to work, please find a substitute and let Debbie (dspmpmof3@aol.com) know who is working in your place so she 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 M-Z 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 volunteering your time to the Church Run Rockets. We've enjoyed working with so many enthusiastic volunteers in our first season as parent reps.

Debbie Parrott and Mary Drimer
CRR Parent Reps

Wear Yellow for Go YELLOW NIGHT

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Rocket Schedule

July:

14: Bowling following morning practices, Noon
Meet 6 Home vs. Twin Hickory, 6:00 p.m., Theme: Go Yellow
19: Pool Party and 20th Anniversary Celebration 7:00-10:00 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 a.m. and Skittles in the p.m.

Congratulations Record Breakers!

Congratulations to **Adam Smith** who broke the previous record from 2002, in the 9-10 Boys 50 Meter Backstroke with a time of 38.03.

Congratulations also to **Michael Crawley** who broke his previous record from earlier this season in the 15-18 Boys 50 Meter Backstroke with a time of 28.87.

Time is Running Out!

Don't forget to send your digital or scanned pictures to Susan Hockman at 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.



Triple Winners

Riley Aiken	Jacob Smith
Brett Barden	Mitchell Smith
Zach Bocklet	
Kristen Cashwell	
Michael Crawley	
Liam Deegan	
Casey Hall	



RESULTS FROM MEET #5

	Church Run	Wyndham
N	566	577
ADV	337.5	270.5
JV	269	370
V	418	251
Total	1590.5	1468.5

CHAMPS QUALIFIERS FROM MEET #5

Rachel Hufnagle	Sarah Hastings
Connor Mildrum	

Tuesday Bowling Fun

This week, meet at the Bowl America here in Short Pump near the mall to Bowl with the Rockets. The fun starts at 12:00 noon on Tuesday.



Fun Band-Aids Collection

Our Band-Aid drive is still underway. Please continue to 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 Band-Aids will be delivered to VCU’s Pediatric Unit at the end of the season.

Save the Dates

20th Anniversary Celebration at the Pool will be held Sunday, July 19 @ 7:00 p.m.

Annual Awards Ceremony will be on Wednesday, July 22 @ 6:30 p.m.

More Information will be coming soon.