

CPAC NEWSLETTER #1

1. A reminder, our Team Photo and Time Trials night is Tuesday, June 9th. We need for ALL SWIMMERS to be at the pool at 7 PM. We will hand out the team T-Shirts starting at 7 PM, shoot the team photo at 7:15 PM and then complete one set of freestyle time trials. The 6 and under & 7-8 age groups will swim a 25 meter free and all swimmers 9 and older will swim a 50 meter free. We need 18 parents to assist with recording the times and names of the swimmers. Please sign up on the clipboard near the file boxes if you can assist.

2. Our first swim meet is Sat, June 13th at Honey Bee versus Riverwalk. As a reminder, parking for both teams will be along the wide grass shoulder in front of Honey Bee. Our warm-ups will run from 7:15-7:30 AM, so please be there nlt 7:00 AM. We will have someone with a roster at the gate so please check in when you arrive. The meet will start at 8 AM. Sign-up for:

volunteer positions at http://www.mysignup.com/volunteer_sign_up_6-13-09

and

concession donations at http://www.mysignup.com/concession_sign_up_6_13_09

Paper copies of these sheets will also be at the pool. Please sign up early!

We will do our best to get everyone the maximum number of events that we can. Entries for the meet should be posted on the website sometime later Fri evening before the meet. If you CANNOT be at the meet, it is essential for you to mark that in the Tell the Coaches and Team Rep book by Tuesday before a meet. The hardest thing for us to react to is no shows at the meet. If you have an illness or other situation come up at the last minute, please call Kevin's cell 647-2616 or Rip's cell 335-0729. We have the left side of the pool as you enter for all home meets. Riverwalk will set up on the right side. The back side of the pool is for both teams to use. You should bring folding chairs and sunscreen.

3. CASHOLA - we have made arrangements again to meet at the Wendy's (newly renovated) in the Providence Square Shopping Center (Providence Rd and Kempsville Rd area) after each regular swim meet. Once we wrap up the meet, we will bring the files boxes with everyone's ribbons to Wendy's. This is an optional event and ribbons will be available at Monday's practice, but we will receive 10% back of all our purchases at the restaurant. You can either go thru the inside or drive-thru lanes, but please put your receipt in a box that will be on the inside counter. It is usually about 12:30 before we get to the restaurant with the ribbons.

4. The rulebooks that we used to hand out are not being printed anymore to save the league money. You can go to the league's web site <http://www.vbsl.net> and view/download the Guidebook for 2009 that now contains the rules & by-laws, and also get links for league records, information and directions to each team's pool, etc. On our web site <http://www.cpacswim.com> there is a link with directions to the away meets we have this year.

5. If you didn't get a CPAC swim cap, see Kevin or Rip at practice to pick one up. It is an option to wear them at practice, but the coaches want all swimmers to wear a swim cap during their events at the swim meets.

6. We have about 45 CPAC string bags left over from last year. They will be available for \$5 each starting tonight on a first come basis.

Go Sea Lions, Hear Them Roar!!