

2009 CPAC NEWSLETTER #2

1. Reminder, T-Shirt Distribution, Team Picture & Time Trials for all swimmers tonight at 7 PM at Honey Bee.

2. Our first swim meet is this 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. One of the coaches with a roster will be 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

Positions we STILL NEED help with: 3 - Clerks of Course (help ensure our swimmers are in the right lanes), 1 – Announcer, 5 – Concession Stand (you will able to leave and see your child(ren) swim), 2 – Check Pool Deck During the Meet, 3 – Runners for 2nd Half (take paperwork around the pool) and 1 – Parking Lot (from 6:30-8 AM).....and

concession donations at http://www.mysignup.com/concession_sign_up_6_13_09 Almost all the items have been signed up for, just a few remaining.

3. We will only print paper copies of the newsletters for the weeks in which we have away swim meets. On those newsletters I will print a copy of the directions to the away pool so you have a printed copy for your car. Other newsletters will be distributed electronically.

4. We handed out CPAC refrigerator magnets at the Parent/Swimmer Night. If you didn't get one, please see Kevin at one of the practices.

5. The preliminary entries for this weekend's meet will be posted on the website Fri evening. Please check the bulletin board at the pool sat AM to see if there were any changes.

6. 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.

7. 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.

8. We still have plenty of CPAC string bags left over from last year. They are available at practice sessions for \$5 each.

9. Thanks to all the parents who attended the Parent Volunteer Training held by the league this past Sat, and for those signed up to go Wed evening. If you can go wed PM, see Kevin or Rip.

10. We are having the underwater pool lights all changed out next week. These have been a continuing problem over the past years. We will use temporary lights this week and next for the older swimmer's practices, and by the time we shift all the practices back ½ hour (starting Jun 22nd) the repairs will be complete and we should have a well lit pool.

Go Sea Lions, Hear Them Roar!!