

2009 CPAC NEWSLETTER #3

1. Great job CPAC swimmers! The final score of this past meet was CPAC 368 and RW 327. There were 2 CPAC records set: Caroline Adams set the girls 7-8 25 meter freestyle record, and Karlyn Barron broke her own girls 7-8 25 meter backstroke record. Thanks so much to all the parents who volunteered and donated items for concessions. Sorry to those swimmers who could not complete their end relays due to the weather that moved in.

2. Our next swim meet is an away meet this Sat, June 20th at Virginia Beach Tennis and Country Club (VBTCC). Here are the items you need to know for this meet:

a. Please remember to make a note in the TELL THE COACH AND TEAM REP BOOK if you will not be at the meet. PLEASE MAKE THIS ENTRY BY TUESDAY.

b. A map to VBTCC is on the back of this newsletter.

c. Parking – everyone is asked to park in the John B. Dey Elementary School parking lot just off Great Neck Road. It is a short walk to the pool. Their team rep warns everyone to make sure you do not park illegally on the street as they have had cars ticketed/towed in the past. Do not park in the VBTCC parking lot.

d. CPAC will have the side of the pool nearest the gate where you enter. For those that want to set up tents, you are asked to do that in a large shady area just outside the gated pool area. There is a small bleacher on the pool deck and a few chairs, but it is recommended that you bring your own folding chairs.

e. They will be setting up a small tent for us to use in staging our swimmers. The bulletin board for our team should be in the area of that tent.

f. Our warm-ups will run from 7:30-7:45 AM, so please be there nlt 7:15 AM. One of the coaches with a roster will be at the gate so please check in when you arrive. The meet starts at 8.

g. Sign-up for volunteer positions at http://www.mysignup.com/volunteer_sign_up_6_20_09

h. VBTCC has a 25 yard vice 25 meter pool. Swimmer's times will appear faster, but the computer will adjust their final time to a meter time for inclusion in a swimmer's record.

3. CASHOLA – thanks to those who supported our CASHOLA at Wendy's on Saturday. We plan to meet their again after the VBTCC meet. 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.

4. Just an early reminder. Starting on Monday, June 22nd, all of our practice times shift back 30 minutes. The Swim America organization will be teaching swimming lessons and we will start practice right after they are done at 7:30 PM. New practice times will be: 6&U and 8&U 7:30-8:10 PM, 10&U and 12&U 8:10-8:50 PM, and 14&U and 18&U 8:50-9:30 PM. Please stay clear of the entire pool area until Swim America completes their lessons. All of the pool lights will be changed out the Friday before we do this time shift.

5. We hope to start taking all of the swimmer's individual photos this coming week during their normal practice times. You will get an individual picture & team picture in a memory mate holder at the end of the season party.

6. We are concerned about the swimmers using the shallow area of the pool during practice and we have already had one injury this year. CPAC does not have the staff to watch that area and we are concerned about our liability. We do not want to completely close that area and are asking for help from our swim parents. Please move your chairs so that you can help us watch that area. If there are no parents in the area, we will remove the swimmers from the pool.

7. See Kevin or Rip if you still need to pick up your CPAC T-shirt(s), need a swim cap and/or are interested in buying a CPAC string bag (\$5).

Go Sea Lions, Hear Them Roar!!

VBTCC Address and Map:

Virginia Beach Tennis & Country Club
1950 Thomas Bishop Lane
Virginia Beach, VA 23454 481-7545

Virginia Beach Tennis & Country Club is located on the north end of Great Neck Rd. Please park at John B. Dey Elementary school for all meets. Parking on residential street is subject to ticketing and towing.

