

CPAC 2009 NEWSLETTER #4

1. Great job this past weekend. Even though we lost the meet (CPAC 312, VBTCC 445), we had 137 personal best swims. Personal best swims are improvements from regular meets. The time trial times are not used for personal improvements.
2. Our next meet is a home meet this Saturday versus Norfolk Yacht and Country Club (NYCC). As with the previous home meet, we need a tremendous amount of assistance for both volunteer positions and concessions. Here are the links to sign up:
 - a. Concessions: [http://www.mysignup.com/cgi-bin/view.cgi?datafile=concession sign up 6 27 09](http://www.mysignup.com/cgi-bin/view.cgi?datafile=concession%20sign%20up%206%2027%2009)
 - b. Volunteer Positions: [http://www.mysignup.com/cgi-bin/view.cgi?datafile=volunteer sign up 6 27 09](http://www.mysignup.com/cgi-bin/view.cgi?datafile=volunteer%20sign%20up%206%2027%2009)
3. Just a heads up, Coach Juliet will be out of town from Fri Jun 26th until Sat Jul 4th. She will be putting this meet against NYCC together by Wednesday this week. If you are not going to be at the meet, please let us know by Tuesday.
4. Also, Kevin will be out of town from Sun Jun 28th until Thu Jul 9th. Rip Montague and Cheryl Zell will be taking care of the pool and practices.

Go Sea Lions, Hear Them Roar!