

CPAC NEWSLETTER #5

1. Final score of our swim meet against Norfolk Yacht and Country Club was CPAC 410 and NYCC 344. Great job Sea Lions! We are 2-1 for the season.

2. Our next swim meet is an **AWAY** meet at Larkspur Swim and Racquet Club (LRK) on Saturday, July 11th (no swim meet 4th of July weekend). A map is provided at the end of the newsletter, but you can also go the VBSL website, www.vbsl.net, or the "Directions to Away Meets" link on our website for a map to LRK. Call Kevin's cell (647-2616) or Rip's cell (335-0729) if you have a problem getting to the meet. Please be at the pool by 7:20 as our warm-ups will run from 7:30-7:45. There will be an official's and timer's meeting at 7:45 and the meet should start at 8 AM. There is room for tents in the grass area to the back end of the pool. We have the right side of the pool as you enter. Please park in the Kemps Meadow Elementary School parking lot right next to LRK. The volunteer link is: http://www.mysignup.com/cgi-bin/view.cgi?datafile=volunteer_sign_up_7_11_09

NOTE – LRK IS A 5 LANE POOL. THAT MEANS WE ARE LIMITED IN THE NUMBER OF INDIVIDUAL SWIMMERS THAT WE CAN ENTER, AND WE CAN ONLY ENTER TWO VICE THREE RELAY TEAMS. MANY SWIMMERS MAY FIND THAT THEY GET LESS EVENTS TO SWIM BASED ON THIS LIMITATION. WE WILL DO OUR BEST TO MAXIMIZE EVERYONE'S PARTICIPATION.

3. A reminder that the end-of-the-season awards ceremony/party will be Monday, July 27th at 7:30 PM at Honey Bee. This year we will have a dessert buffet. Details on what to bring will be sent out later, but we will be looking for a variety of cakes, pies, cupcakes, etc. Due to the size of the team, we are not going to call out every swimmer's name for an individual trophy. The individual trophies will be available for pickup when you arrive so that you will have time to take photos with your coaches if you desire. We will present the most improved and most outstanding swimmer awards, and then have an open swim until about 9:00. If you cannot make it that night, we will make arrangements to get you your swimmer(s) items.

4. Our optional fun-day day at Ocean Breeze is set for Thursday, Jul 30th. The park opens at 10 AM and we just show up and enjoy the sun and rides. We generally try to find a large umbrella area or two to congregate in, but this is generally a do what you want to do day. We have arranged for an admission & all-you-can-eat buffet lunch deal (hamburgers, hot dogs, soda, chips) if we have a minimum of 15 people interested in participating. Our lunch will run from 1-2 PM and then we will take a group photo at the wave pool at 2:15 PM. Here are the prices (includes tax):

- Adult admission w/lunch buffet - \$25.04
- Child (ages 3-9) with lunch - \$20.31
- Lunch only - \$7.70

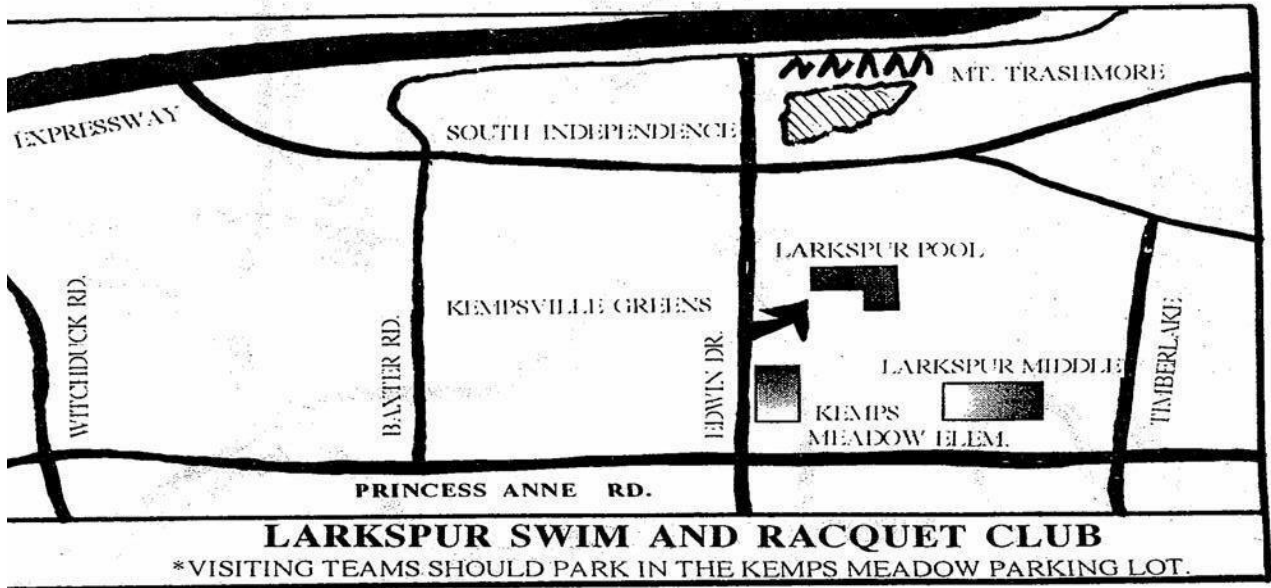
If you are interested in the admission with lunch or lunch only deal, we need you to clip off the bottom portion of the newsletter and get it back to Kevin or Rip with cash or a check made out to CPAC by Wed July 22nd.

If you do not want to participate in the lunch, you will have to purchase admission tickets on your own. Here are the 2009 prices for All-day Admission:

Adult	\$23.99
Child (Ages 3-9)	\$16.99
Child (2 and under)	FREE
Senior Citizen (55+)	\$16.99
Military Adult (with ID)	\$21.99
Military Child (Ages 3-9)	\$14.99

The Ocean Breeze website (www.oceanbreezewaterpark.com) has a coupon you can download to save \$2 per person (good for up to 6 people).

4. There are only three weeks of practice left in the regular season. Since only 40%-50% of our swimmers get selected for divisionals, you are encouraged to make as many practices as possible.



=====
Family Name _____

We are interested in attending the fun day at Ocean Breeze on Thursday, July 30th and would like:

_____ Adult with lunch admissions (\$25.04 per adult)

_____ Child (ages 3-9) with lunch admissions (\$20.31 per child)

_____ Lunch only – we will use our season pass or obtain other tickets for admission (\$7.70 per lunch)

Enclosed is a total of \$ _____

Note – This sheet and payment are due by Wed, July 22nd. The admission tickets and lunch wristbands will be available for pickup at the awards ceremony on Mon, July 27th.