

# THE WESTAROSA POST

www.gopiranhas.org

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## 2011 PONDEROSA WESTADOR SWIM TEAM



### Meet Schedule:

#### 5/14 Time Trials @ Westador Cali Pool

5/21 AWAY vs.  
Candlelight Hills

5/28 HOME vs.  
Lexington Woods

6/4 AWAY vs.  
Birnamwood

6/11 HOME vs.  
Bridgestone

6/18 AWAY vs.  
Woodlands

6/25 DIVISIONALS at  
Candlelight Hills

### Upcoming Events:

#### 5/13 Team Picture

5/27 Poster Rally

6/6 Team Outing

6/23 Pep Rally



**Coach Judy**  
832-259-1170  
coach@  
gopiranhas.org



Tickets on **Sale for \$20** ONE-DAY passes that can be used any day of the 2011 season. These tickets are \$12.99 less than gate prices for guest 48 inches and taller and \$6.99 less for guest under 48 inches. This is GREAT DEAL! See Jennae at Westador Cali pool from 4 - 6pm. CASH ONLY.

### TEAM PICTURE DAY THIS FRIDAY AT THE POOL

NO SWIM PRACTICE on Friday. Wear your team suit. Wade's Photography will begin taking individual pictures at 4:30pm. Entire team will take team picture around 5:20pm, then finish remaining individual pictures. All swimmers are expected for team picture, even if you have no plans to purchase pictures. Order forms are available at the pool.



### WELCOME BACK!

Although practice has begun the official swim team season begins this weekend with Time Trials. This mock meet is to gather the required times for swimmers. It also helps new swim parents get familiar with a swim meet. There is much to learn... what to bring, where to expect, where to volunteer.

### Swim Meet Procedures At a Glance

Saturday, May 14 -- EVERYONE MUST  
ARRIVE BY 7:00 AM!

Swimmers must check-in  
no later than 7:15 am

PARENTS, please check-in at the same  
table with your swimmer. We need to  
know when our volunteers arrive.

WARM-UP is VERY IMPORTANT!!

Times are:  
10 & under: 7:15 - 7:30  
11 & up: 7:30 - 7:45

If you miss your warm-up time, you  
cannot swim with another group.

Rookie Camp was a GREAT success, WOOHOO!

We had about 35 new swimmers sign up for  
Rookie Camp. Everyone work very hard and we would  
like to congratulate all the swimmers that made the team.

There were a couple of swimmers that were not yet ready, but we hope to see them again next year. Our appreciation goes out to our older age group swimmers for helping with all the new rookie campers. Many of our helpers were once rookies themselves and taught by older swimmers too. Without their help this program could not exist. Thank you for paying it forward:

Gabby Dena, Kennedy Ellington, Leland & Andrew Faber,  
Noel Foy, Mandi Midcap, Brookelyn Mitchell, Jennifer Moy-  
nahan, Brandi and Taylor Ransom, Regan Turner, Justin  
Wade, Sydney Wallace, Ceade West and Sam Windham.





Have you checked out our website? [www.gopiranhas.org](http://www.gopiranhas.org)

Remember that what makes a swimmer a champion is not his ability to swim fast, but his ability to work hard. Is that you?

### Swim Practice Schedule

- White (8 & under) 4:15-5:00
- Orange (9-11) 5:00-6:00
- Blue (13 -18) 6:00-7:00



### MEET SET-UP CLEAN-UP & TEAM AREA

Set-up: We need volunteers to help set-up on Friday after team pictures. We will need to set-up the pool area before each home meet.

Team Area: Our team area will be set-up outside the gated area. We will provide age group tents and ask that all swimmers try to sit in their age group. We will not have team members set up inside the gated area.

Clean-up: After each meet we also need help cleaning up our team area. This is for home and away meets.

Please see the team handbook for age group set-up and clean up dates.

**EVERYONE IS REQUIRED TO HELP :)**

# EAT MY BUBBLES!

### Swim Meet Check List

Be sure to label all items

- Towels (bring at least two per swimmer)
- Goggles
- Team T-shirt (wear it to the meet)
- Team Suit (wear it to the meet)
- Chair or Blanket to sit on
- Something to occupy your time such as a game or book
- Cooler with healthy snacks & drinks (plenty of water)
- Sunscreen
- Bug Spray
- Dry clothes



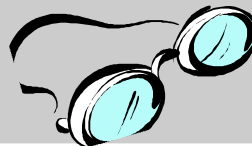
## PIRANHA CHEER!!!

PACK ATTACK, PACK ATTACK, PACK ATTACK  
 PACK ATTACK, PACK ATTACK, PACK ATTACK  
 WE ARE THE PIRANHAS  
 WE EAT MEET  
 WE SWIM FAST  
 CAUSE WE HAVE WEB FEET  
 WE ARE THE PIRANHAS  
 WE EAT DIVISION N3 MEET  
 GOOD LUCK TO YOU  
 IN THIS SWIM MEET  
 MUNGA, MUNGA, MUNGA  
 MUNGA, MUNGA, MUNGA  
 LET'S GO EAT!!!



A BIG Thank You, Gracias, Merci, and Vieten Dank to **TAYLOR RANSOM** for designing our team shirt!!!

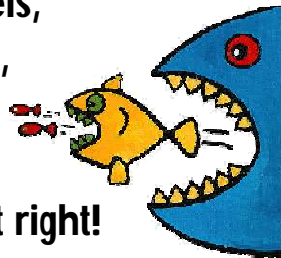
**OUR COACHES ROCK!  
OUR SWIMMERS  
RULE  
THE  
POOL!**



### Coaches Corner:

Please keep your swimmer from the running around during a swim meet. The team provides age group tents and we encourage all swimmers to sit under the tent during all meets. In order for your swimmer to improve they need to stay HYDRATED! Stay AS cool AS possible. DRINK water! DRINK, drink, DRINK!

Some of the best foods to take to a meet are pasta, cereals, bagels, breads, fruits, veggies, lean Protein. Be smart, eat right!



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**WE NEED EVERY FAMILY TO DEDICATE THEIR TIME & ENERGIES TO P.I....  
PONDEROSA INVITATIONAL -- SATURDAY, JULY 2 & SUNDAY, JULY 3**