

May 26, 2011

# WESTAROSA POST

www.gopiranhas.org

Published by Ponderosa Westador Swim Team, PO Box 73525, Houston, TX 77273



**MAY 28 -- PONDEROSA WESTADOR VS. LEXINGTON WOODS** -- This week's meet is a home meet. Parking in the neighborhood streets will not be allowed. We have secured the parking lot at 800 Peakwood. Please drop off your swimmers and their belongings at the drop off area in the cul-de-sac. Please do not leave your car unattended while at the drop off area. **Do not park anywhere on Verret....or you will be towed away.**

### Meet Schedule:

**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:

**5/27 Poster Rally**

6/6 Team Outing

6/23 Pep Rally

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Do not miss our **Poster Rally May 27th** at the Cali pool directly after practice. During this time, check out the **line up** to see what you are swimming on Saturday.

We still need **volunteers** for this weekends meet. Go to **SIGNUPGENIUS.COM**...the password is **swimfast**. Remember we need extra help running a home meet so sign-up today.

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

#### Set-up:

We need volunteers to help set-up on Friday after practice. We will need to set-up the pool area including big tents for timers and scribes, putting out NO parking signs, and team equipment for Saturday morning.

#### Team Area:

This week the 6 & under parents are responsible for team set-up.

#### Clean-up:

13 & 14 year old parents are responsible for clean up and tear down. Although team an age group is assigned for set-up and clean-up we still expect **EVERYONE TO HELP!**

### SWIM MEET PROCEDURES AT A GLANCE

**Saturday, May 28 -- EVERYONE MUST ARRIVE BY 6:45 AM! Yes 6:45am**

**Swimmers must check-in no later than 7:00 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: 7:10 - 7:25**

**11 & up: 7:25 - 7:40**

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



**It's time for some REAL water FUN!**

Let's all meet at the WATERPARK!!! Our Coaches, Judy, Josh, and Deandra will be at Splashtown on June 6th after morning practice. If you wish to join them for a day of fun don't forget to get your Splashtown tickets from Jennae. Come have some fun with all your friends. Tickets are \$20. CASH ONLY.



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



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?

# NO PRACTICE on MONDAY May 28th MEMORIAL DAY



## SWIM PRACTICE SCHEDULE

White (8 & under) 4:15-5:00

Orange (9-11) 5:00-6:00

Blue (13 -18) 6:00-7:00

Please put the your chairs back after each practice.

We also have many items in the lost and found. Please have your swimmer go through the box and take what's theirs. Lost goggles will not be placed in the lost and found. Please see Judy for lost goggles.



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

# EAT MY BUBBLES!



PI

is around the corner ...only 36 more days. The season will be done

before you know it but we still have PI to put together. REMEMBER this is our only fundraiser and we need all families to help with this event. We will start having the volunteer sign-up at the POOL. VOLUNTEERING for this meet is part of registration and each family is **required** to volunteer a minimum of 8 hours. The sign-up sheet will be at the POOL starting Tuesday, May 31st. We will not use SIGNUP GENGIUS for this event.

Congratulations to the Swimmers that have Qualified for PI

### GIRLS

Gaby Dena (15)	100 Freestyle, 50 Back, 100 I.M.
Kennedy Ellington (14)	100 Freestyle
April Harrell (16)	50 Backstroke
Lauren Lestage (16)	50 Butterfly

### BOYS

Zachary Schmidt (13)	50 Backstroke
Sam Windham (14)	100 Freestyle 100 I.M.



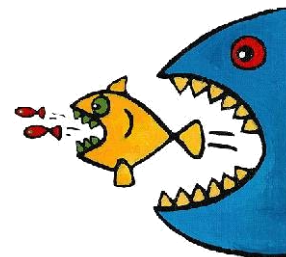
GO TEAM!!



## Coaches Corner:

I am proud of you all, you all swam strong and improved your time. Keep up the hard work. This Saturday's meet will be at home and although kids are tempted to play in the playground area, please keep avoid being in the sun. Stay in the team tent and out of the sun. You should be drinking plenty of water to keep hydrated.

Don't forget to stop by the coaches tent after you swim every event. Make sure you see me if you have to leave the meet team.



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