



The Squawk Box

Meet Marathon! Are you ready?

This week, Wednesday 15 July, we'll be swimming at Curtis Park against Dahlgren Sharks. Coaches are currently seeding the meet. The coaches are also preparing for the last meet on Monday, 20 July. They have asked that you indicate by Thursday a.m. (July 16) if you WILL NOT be available for the meet on Monday, 20 July. It is unfair to the other swimmers on the team if your children are entered in the meet and don't show up that night. The other children CANNOT be replacements unless we know ahead of time of any absences. Please be considerate and let a coach and/or Board member know if any planned absences.



VOLUNTEERS: We can't do it without YOU! Yes, YOU! It takes approximately 60 volunteers to host a meet and up to 30 for away meets! Please make sure you have signed up for a volunteer position! (Each family is required to work at least 3 dual

COACHES' CORNER will return in Issue 6

Curtis Park Swimmers and Parents:

Meet v. Dahlgren Sharks this week.

Here are some things you need to know:

- 1) Swimmers are expected to arrive by 4:45.
- 2) Warmups at 5:00.
- 3) Swimmers check in

before warm-ups (this is NEW).

- 4) If you're in a relay, DO NOT LEAVE the relay assembly area until you are lining up for the swim.
- 5) Before leaving the meet, check with a coach to see if you're needed for a relay at the end of the meet.

- 6) Bring WARM clothes..it gets chilly at night.

IF by chance, the meet is delayed due to rain/storms, we will be asked to continue the meet on Thursday evening. Be prepared to return OR tell the coach before leaving if you cannot return!

meets. FINALS is a separate requirement.)



PARKING: Permitted in designated spaces only. All spaces next to CP pool are for loading/unloading SUPPLIES, for those with Handicapped tags and for the pool operators ONLY.

CURTIS PARK: Reminder that we must follow Curtis Park rules: **No climbing/swinging from trees;** no climbing fences; no running on pool deck; no rollerblades, bikes, or skateboards on pool deck; no pets within fenced area of pool.

TRASH: It is your responsibility to pickup trash from your area. Please police this area when you leave.



CPST

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www.rslswimming.com

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Important Dates:

- © July 15—Home v. Dahlgren
- © July 16—Guest Coach Boris, STAT @ 10:30
- © July 17—Guest Coach, QDD
- © July 20— Home v. Fawn Lake
- © July 25—Applebees Fundraiser
- © July—Coaches Clinics* (more info to follow)
- © August 1—Finals @ Spotsy YMCA
- © August 5—CPST Awards Banquet

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Did You Know?

....CPST has a text/email alert system? Check it out on our website!

...There is a "Lost and Found" for our team? Look for the red bucket at the gate.



...Each family has its own mailbox? Check it for newsletters, announcements/important information, ribbons! If you don't see your name, let Sharon Tanner know.

.....A new shipment of CPST Tee-shirts and Swim caps are available?

.....CPST will have a Team Store at each home meet?

.....We're taking orders for CPST Sweatshirts and lounge pants?

.....Stafford Parks & Rec @ CP is offering Water Aerobics M/W/F from 10:30-11:30am? Take some time for YOU and sign up!



Triple Winners

Breanna Stuart: 100 Free, 50 Free, 50 Fly

Cole Hensen: 25 Free, 25 Fly, 25 Back

CONGRATULATIONS!

HEAT SHEET ADS....

Each team is required to sell ads for the RSL Finals Program (also known as a Heat Sheet). The team will retain 70% of the ad sales to help off-site our insurance and entry fees. Please consider buying an ad to encourage your swimmer(s) and support your team! Sales at Spirit Wear table at HOME meets. July 20 is the deadline!

REMINDERS:



If you will not be attending several practices or you know you will be missing a meet, please sign the Meet Book (**by the Friday prior to a meet. For FINALS..no later July 21!!!**) and indicate the child's name, age, and reason for absence (i.e. camp, vacation, etc.) on the appropriate date in the book. This book will be with the "mailboxes" or you can ask a coach for it.

*By indicating absences for a meet, this will allow coaches to give another swimmer a chance to swim. Substitutions **cannot** be made once a meet starts and for Finals, **cannot** be made at all.*

APPLEBEES FUNdraiser:



Mark 25 July on your calendars for a FUNdraiser at Applebees. It will be a pre-Finals, carb-loading pancake breakfast with coaches, swimmers and parents as servers.

Each ticket is \$5 and 100% of the ticket price goes to the team!!! We are not county funded...we **MUST** raise money to afford the equipment needed for the team and keep our costs to swimmers down.

SEAHAWK ALERT SYSTEM

Be sure to sign up for the Seahawk Alert System through our website. You'll get all the latest news about practice changes and weather issues sent right to your email or cell phone!

CP Board of Directors

The following are BOD members for the 2009 swim season. Please contact them if you have any questions:

President: Chris Castelli, Chris_castelli@emainc.com

Vice President: Becky Yacone, ryacone@comcast.net

Treasurer: Shawn Goss, gossshawn@gmail.com

Secretary: Carey Beverly, fivebeverlys@aol.com

At Large: Sharon Tanner, southspoon1@aol.com

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