

Notice #2

July 12, 2008

UPCOMING DATES

- Wednesday, July 16, 2008 Optional practice Wesmonte **RE-OPENED** (6pm)
- Saturday, July 19, 2008 Practice at RDV & Westmonte
- Sunday, July 20, 2008 Carwash: Albertsons off Montgomery, 10-4pm
- Wednesday, July 23, 2008 Optional practice Wesmonte (6pm)
- Saturday, July 26, 2008 County Games at Westmonte Park, 8am-12pm

OPTIONAL PRACTICES

- Our Optional Practice on Wednesday July 16 has been re-opened.
- The Optional Practices before County Games are designed to help the athletes work on strength and endurance to prepare for the competition.

CARWASH

- Our Carwash is coming up quick!
- Please make sure to sign up for a shift. Tasks include: holding signs, washing cars, collecting \$, etc.
- If you have any supplies that we can use for the day, please sign up to bring those too!
- We have copies of carwash fliers for parents to hand out to friends and neighbors, please grab a few
- Finally- SOSC's Athlete Input Council will be setting up a table at our carwash. Their goal is to sell water, baked goods, and SOSC merchandise to raise money for their Council. If you like to cook, please feel free to prepare any baked goods for them to sell.

T-SHIRTS

- This is the last week to vote on a T-shirt Design
- T-shirts will be ordered this weekend and we hope to receive them before County Games.

COUNTY GAMES

- Please see reverse side of notice for details about County Games. ☺

REMINDER OF PRACTICE TIMES & TEAMS

RED DOLPHINS @ RDV
(Advance & Intermediate)

Group A: 8am-9:15am
Group B: 8:45am-10am

BLUE NEMOS @ RDV
(Beginners)

8:30am-10am

YELLOW SHARKS @ WESTMONTE
(Advance & Intermediate)

8am-10am

CONTACT

Administrative Coach at RDV

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SWIMMING COUNTY GAMES

Saturday July 26, 2008 8am – 11am

Athletes must compete in County Games to advance to Area Games

Directions to Westmonte Park

- 624 Bills Lane, Altamonte Springs, FL 32714
- From I-4 East or West; Exit at Altamonte/436 and head towards the Apopka area. After you pass Montgomery, make a RIGHT turn onto Spring Oaks Blvd. (right next to Congo River & Chucky Cheese). Follow a downhill winding road and then turn LEFT into Westmonte Park.

Competition Schedule:

- 8am – Athlete Check in, stretching and warm-ups
- 9am to 11am – Competition
- 9:15am to 11:30 am – Awards (will be done throughout the morning)
- 11:30am – Competition Complete



Things to remember:

- Please be on time! We have over 50 swimmers so we need to make sure to keep on schedule and keep the competition moving quickly.
- Come ready to go in your bathing suits and bring your goggles, swim caps & towel.
- Do not wear any jewelry.
- Have a bottle of water and something light to snack on.
- Bring a camera & a BIG smile!

Important:

- Please try to stay at the whole event to cheer on every member of our team.
- We will attempt to run this event – **RAIN or SHINE!** As many have seen in the past, we might be delayed, but the weather always pulls through for us. ☺
- If we are rained out, we will reschedule for the following Saturday, August 2, 2008

Questions:

- Please try to ask any questions before the day of the competition, because on the day of the coaches and volunteers will be very busy setting up for this event.

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