

Catch the Wave



2011 Information Sheet

Sign Up

Bring registration form to first practice (see www.vahillspool.org)
Payment by check to Virginia Hills Swim Club (see www.vahillspool.org)

Team Apparel

Sale at pool Friday, June 17 from 5-7 pm for suits, caps, goggles, t-shirts
Team suits (TYR Quantum Splice royal/gold) not required, but recommended.
At A meets, no suits or caps with any other logos are allowed.

Practice Schedule: see www.vahillspool.org

Meet Schedule: see www.vahillspool.org

Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights
Ribbons distributed following home meets and Friday evening pep rallies
June 24: Spaghetti Dinner team party before first meet
July 30: End of Season Banquet, 6 pm

Volunteers

Please note that parent(s) for all swimmers will be expected to volunteer at meets as a timer, stroke and turn judge, marshal, concession worker, team area chaperone, clerk of course, or ribbon table worker. Volunteers will be requested at other times to organize/chaperone social activities, staff the snack bar, make shopping trips for the snack bar, and other tasks. There is no paid staff except for the coaches. Thank you for your help!

Communication

- Sign up for e-mails from the Team Rep (contact Sarah Kolo, kolosarah@gmail.com)
- Watch for messages on the bulletin board at the bath house
- www.vahillspool.org
- Twitter: GoTidalWave

Learn More: Read **Swim Team 101** online at www.vahillspool.org; Contact Sarah Kolo, team rep, kolosarah@gmail.com, or Judy Jurkowski, jski22306@cox.net