

Catch the Wave



2010 Information Sheet

Sign Up

Fill out registration form and availability form (see www.vahillspool.org)
Payment by check to Virginia Hills Swim Club (see www.vahillspool.org)

Team Suit

Sale at pool Friday, June 18 5-7 pm
Team suits not required, but recommended. At A meets, no suits or caps with any other logos allowed.

Practice Schedule: see www.vahillspool.org or attached

Meet Schedule: see www.vahillspool.org or attached

Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights before home meets
Ribbons handed out following home meets and at ice cream socials Sunday evenings after away meets
June 25: Spaghetti Dinner team party before first home meet
July 17: Team photo (6 pm) and Camp out
July 28: King's Dominion
July 31: End of Season Banquet, 6 pm

Volunteers

Every family contributes! Need help as timers, snack bar workers, and more
Some positions require training. League training at NVSL Univ June 5; Stroke & Turn clinic at our pool June 12, 8 am

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

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, Facebook: GoTidalWave