

# Catch the Wave



## 2010 Information Sheet

### Sign Up

Fill out registration form and availability form (<http://vahillspool.org/swim-team.php>)

Payment by check made out to Virginia Hills Swim Club

### Team Suit

Suit fitting and sale at pool Friday, June 18 from 5-7 pm

Team suits not required, but recommended. At A meets, no suits or caps with any other logos allowed. Caps available from team rep.

Practice Schedule; Meet Schedule: <http://vahillspool.org/swim-team-sched.php>

### Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights before home meets

Ribbons awarded following home meets and at ice cream socials Sunday evenings after away meets

June 25: Spaghetti Dinner

July 17: Team photo (6 pm) and Camp out

July 28: King's Dominion Day

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

### Communication

Sign up for e-mails from the Team Rep (contact Sarah Kolo, [kolosarah@gmail.com](mailto:kolosarah@gmail.com))

Watch for messages on the bulletin board at the bath house

[www.vahillspool.org](http://www.vahillspool.org)

Twitter, Facebook: GoTidalWave

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