

The Tracy Triton Newsletter ~ April 23, 2009



With such a great start to the swim season we appreciate your patience as we continue to adjust our practice times to find that "right fit". Starting with this Saturdays practice we will have new practice times. . We are eliminating the over lapping time because it just didn't work very well.

**** No Practice on Friday - 4/24 ****

Weekly Highlights:

-Team-wear - is available to order at the pool each night until Monday April 27th. See our website for an order form, <http://www.tracytritons.com/pdf/Triton2009TeamWearOrderForm.pdf>

-Caps - Triton caps are available from our check-in table, \$5 for latex and \$10 for silicon.

-Team Suits - Can be ordered from NorCal Swim Shop 2054-D Treat Blvd. Walnut Creek, CA 94598, 925-933-7946, www.swimshop.com.

You can find an order form on our website under Meet Sheets/forms.

New Practice Schedule starting Monday 4/27

Monday - Friday @ West High Pool

Returning swimmers 11 & up 5:00 - 5:55 PM

Returning swimmers 10 & under 5:55- 6:45 PM

New Swimmers 6 & under 5:55 - 6:25 PM

New Swimmers 7 & older 6:45 - 7:15 PM

**** Please arrive 15 minutes early to participate in team stretching****

Saturday Practice Schedule 4/25

New/Returning swimmer 8 & under 11 - 11:45 AM

New swimmers 9 & up 11:45 - 12:30 PM

Returning swimmers 9 & up 12:30 - 1:30 PM

Coach is requesting all swimmers to bring fins to practice. The team has a limited amount of fins to lend out so, we will be placing a special order of fins at a reduced price early next week. Look for more information on this at Saturday's practice.

Volunteers Needed

The team is in need of a few volunteers to help sort and fill team wear orders. If you are interested please see Vicki O'Neill at the pool. Thank you!

Looking Ahead

April 27th - Practice time change for returning swimmers, see above.

April 27th - Meeting for new Triton families at 6:15 PM, we will meet in the stands nearest the track.

April 30th - League Training for **Stroke and Turn** officials - Thursday at Sierra High School in Manteca from 6:30 - 8 PM. Please talk with a board member if you are interested in attending the training.

May 1st - Mini Meet Sheet is due - please complete and drop into wooden box at the pool or email entries to Grit at Grit@sonic.net, please include swimmers name, his/her age group and events they want to enter.

May 1st & 2nd - No Practice Friday or Saturday- High school swim teams will be having their championships.

Please check website for current information, www.tracytritons.com