



The Tracy Triton Newsletter ~ May 12, 2009

Coach Pinkie wanted to start this newsletter with a great big **THANK YOU** to all her swimmers, all the parents, the volunteers, the lifeguards and the board for working together to put on a wonderful mini-meet. The day was long but we did what we needed to do and now everyone has a feel for how a meet is run.

TRACY INVITATIONAL MEET SHEET AND FEES ARE DUE WEDNESDAY 5/13!

As we get ready for our largest meet of the year - the Tracy Invitational - we have a list of things to get done, we are looking for help in a few areas

- Program help
- Advertising - for our program
- Someone to head up hospitality
- Someone to head up the runners

Practice Schedule

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 10-15 minutes early to participate in team stretching**

Looking Ahead

May 13th - Invitational Meet Sheet Due - this is a two day meet and requires a minimal fee, see meet sheet. This will be our first and biggest meet of the year. We will have event list on the pool deck starting next week for you to review.

May 16th - Saturday Practice. We are adding swim practice on Saturday 5/16 to our schedule. This will be the final Saturday swim practice of the year.

- All 8 & younger **10 - 10:45 AM**
- All 9 - 10's **10:45 - 11:45 AM**
- All 11 - 12's **11:45 - 12:45 PM**
- All 13 & older **12:45 - 2 PM**

May 18th - No Practice! Monday May 18th we will have no swim practice. The High School swim teams will be having their annual awards banquet - so we have no coach or lifeguards available this evening - rest and enjoy.

May 26th - 29 - Change of practice location & times! During this week (Tuesday-Friday) of graduations, both high schools close their campus for outside use. So we will be moving to Dr. Powers Park from 3:30 - 6:30. This will be a week of open swim practice, which means come when you can. Please understand that from 5:30 PM on we will be sharing a 6 lane pool with the city for swim lessons so please come as early as you can to practice:

- 3:30 - 4:30 PM
- 4:30 - 5:30 PM
- 5:30 - 6:30 PM

June 1st - Summer practice schedule begins! We are not scheduling specific practice times for swimmers at this point; we would like to leave it a little flexible. Here are your options - all at West High School:

- 1st practice 6 - 7 AM
- 2nd practice 7 - 8 AM
- *3rd practice 5:15 - 6:15 PM

*3rd practice times are for our swimmers who are still in school and we will only have 6 lanes open to us at this time. If required we will limit who can attend this practice.