

# The Tracy Triton Newsletter ~ June 3, 2009



**Great Job Triton Swimmers** - we won the tri-meet in Oakdale! Now we are getting ready for the Oakdale invitational. Please sign-up for a volunteer position and initial your swimmers entered events (on the clip board) so we can verify that all entries are correct. Bring extra water, snack and a comfortable chair so you can sit back and enjoy this long meet. About relays - the final relay decision is made @ the meet when we sort swimmers. If a swimmer is not the designated relay area when relays are being assembled, we will replace that swimmer or scratch the relay team.

## Summer Practice Schedule

1<sup>st</sup> practice 6 - 7 AM  
2<sup>nd</sup> practice 7 - 8 AM  
\*3<sup>rd</sup> practice 5:15 - 6:15 PM

\*3<sup>rd</sup> practice times are for our swimmers who are still in school or families who can not make any other practice time. We will only have 8 lanes open to us at this time, so if necessary we will limit who can attend this practice.

\*\* Please arrive 10minutes early to check-in and participate in team stretching\*\*  
Please remember you fins!

**Tracy Invitational T-Shirts** - if you didn't get yours and you are still interested in one please contact Grant Davis of Eagle Embroidery & Merlin Graphics at 209-832-5112 [www.eagleprints.net](http://www.eagleprints.net), he has some extra stock left.

## Looking Ahead

**June 6<sup>th</sup> - Oakdale Invitational.** This will be a long meet but a good one. Check-in will be at 6am; any swimmer not checked in by 6:30 will be scratched from the meet - unless we hear from you. This meet will run in a slightly different order see below:

\*Medley Relay\*  
**IM**  
**Short Free**  
**Breaststroke**  
\*Free Relay\*  
**Butterfly**  
**Backstroke**  
**Long Free**

\*these events are chosen by the computer and approved by coach Pinkie\*

**June 10<sup>th</sup> - Tracy & Modesto @ Manteca meet sheet is due**, meet is on Saturday June 20th. There are no fees for this tri-meet. The location will be at Sierra High School; see your handbook for map and directions. Please choose only 3 events to enter your swimmer in and submit you entries to [Grit@sonic.net](mailto:Grit@sonic.net) via email or place completed meet sheet into the wooden box on the pool deck. IF emailing entries please remember to indicate if your swimmer will be available for morning and/or afternoon relays.

**June 12<sup>th</sup>** - No afternoon practice! Coach Pinkie has a prior engagement so will be canceling our 5:15pm practice for this day only - enjoy a meet free weekend!

**June 12<sup>th</sup>** - SeaDogs Invitational meet sheet is due! This meet will be held at Pitman High in Turlock, which is an 8 lane pool with plenty of space for you pop-ups. This meet will require the usual splash (\$5) and event fees (\$2 each). Please sign up for 3 events your swimmer would like to swim and remember to indicate if he/she will be available for morning and/or afternoon relays.