



# The Tracy Triton Newsletter ~ June 25, 2009

In looking over the results from the Manteca meet, it is nice to see so many of our swimmers improving - keep up the good work. It will be **hot** this weekend so be prepared for Saturday's meet in Turlock - 103 is the weather forecast. Make sure you bring plenty of fluids for the entire family. A good tip is to freeze several bottles of water to place into your cooler - it will help prolong your ice on Saturday.

## A few reminders:

Team pictures are in and have been placed in your awards folders - please do not forget to pick-up your pictures or your awards.

If you have not paid your Sea Dog Invitational fees yet please do so as soon as possible. This will help us keep all our paper work current and up to day. This will be the last invitational of the season, so no more splash or event fees. Thank for your help with this.

## 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 cannot make any other practice time.\*

\*\* Please arrive 10 minutes early to check-in and participate in team stretching\*\*

Please remember you fin!

**Make sure your swimmers are checking in each day, this is important for their eligibility for relays!**

## Looking Ahead

**June 27<sup>th</sup> - Sea Dog's Invitational** - Check in will begin at 6AM and end at 6:40AM. Scratches will be turned in at 6:45AM - No Exceptions. This meet will be held at John H. Pitman High School, 2525 W. Christofferson Parkway - Turlock, look at our website or in your handbook for directions.

**July 1<sup>st</sup>** - Modesto/Tracy meet sheet is due!

**July 4<sup>th</sup> - Bye weekend** - No practice and no meet. Enjoy your weekend.

**July 7<sup>th</sup> - Tuesday** - City council meeting at 7pm, please place this date on your calendar. It will be important to show the council that the Tracy Triton Swim Team is important to you and your community.

**July 11<sup>th</sup> & 18<sup>th</sup>** - will be home meet weekends - more information to come.

**July 25<sup>th</sup>** - League Championship at Pittman High School - a single day event with all team attending.

**July 28<sup>th</sup>** - Triton Awards Night - 6:30pm, dessert only event. Mark your calendars! Location TBA.

## This and That

Sherri Stoica is selling practice suits - they are **new** Speedo girl's suits from last year's collection  
Sizes 28-34 but some run small enough to fit 26

1 for \$20.00 or buy 2 for \$30.00

Contact information:

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