



2017 Newsletter

July 9, 2017

Okay guys, the time for championship meets is here! Be sure and come to practices at all of your assigned times if you are doing Districts and Sewanee. You need to be in the water everyday getting ready. We will dedicate time at practice to starts and turns, as well as longer warm up and cool down periods. We'd like each of you to look over the entry lists for both meets and be aware of what events you are swimming when you come to practice. It will be your responsibility to know this information and be ready to work specifically on those strokes. Be sure and sit in your assigned areas at meets so that the deck parents can find you when it is time for you to swim! After each race, touch base with a coach and get your time from your timer to discuss. As always, swim fast and we'll see you at the pool! Your Gator Coaches

Workers Needed:

The District I Championship meet is our largest meet of the season. We only host the meet every 3rd year and it takes a lot of helping hands to make it a success for our swimmers and the other teams. We still have the following needs:

- Set-Up Crew
- Clean-Up Crew
- Event Monitor for first half of meet
- Someone to award Heat Winner ribbons during the meet
- 2 relief workers to momentarily step in for timers and place judges if the need arises

Please email Annie King (annieking2010@gmail.com) if you are able to assist in any of these areas.

Concessions:

Our Concessions will be a little different for Districts. Concessions will be offering Chick-fil-a Sandwiches and Domino's Pizza starting at 5:00 p.m. We will also have Kona Ice and Juice Plus+ Shakes available for purchase. Remember to bring cash. All proceeds go to the Athens Swim Team. We appreciate your support of our concessions.

Upcoming events:

Tuesday, July 11th ARPA District Meet/State qualifying Meet (HOME) AST vs. Florence/Sheffield Warm-ups are at 3:15. Plan to be at the pool by 3:00 pm so we can be ready to warm-up on time. Set up under the tents outside and be on the pool deck ready to warm up at 3:15. This meet is a qualifying meet to advance on to the State meet in **Opelika**. In order to qualify for the State Meet, you must place 1st, 2nd, 3rd or 4th in your individual events or have the State Qualifying Time(SQT) for that event up to 16th place (SQT are posted at the pool). For those Swimmers who qualify and choose not to go to Opelika, please let Coach Jessica know as soon as possible.

Saturday, July 15th RACE League Championships in Sewanee, TN:

1st session (10 & under) warm-up: 9:00 a.m. Be there by 8:30 to have time to park, set up in the gym, and meet the coaches on deck at 9:00.

2nd session (11& up) warm-up: warm-ups start at the completion of morning session. You should arrive at 2:00 p.m. We will be the 3rd warm up session after the warm ups begin.

Address:
The University of the South
Fowler Center Pool
77 Texas Avenue
Sewanee, TN 37383

Tuesday, July 25rd AST Awards Banquet scheduled for 6:30 pm. Cake and Ice Cream will be served. Please plan on eating supper before the banquet that night. The pool will be open to all swimmers and families. We hope to have a few pool games planned for parents and their swimmers.

Fri. 28th-Sat.29th ARPA State Championship in Opelika times TBA. Information will be passed along as we get it regarding the State Championship meet.

Practice: Practice schedule changes will be coming next week! Once we get through the two meets this week, our remaining practices will be focused on our State qualifiers. We will transition to age-group practices in order to work on relays for the State swim meet in Opelika. Beginning on Monday, July 17th, swimmers ages 11 & up will practice 8:00-9:30 MON-THURS (including WED) for the next two weeks. Swimmers ages 10 & under will practice 9:30-10:30, also MON-THURS for two weeks. There will be NO evening practices after Wed. July 12th. Please note also that this Friday will be the last Friday morning practice. These last two weeks of practice are open to all team members. State qualifiers, however, are encouraged to attend every day!