

The Tracy Triton Newsletter ~ May 6, 2009



Mini-meet entries are posted next to the check-in table please take a moment to have your swimmer look them over and initial them. This process will be repeated for each and every meet we have. It allows the swimmer to check to see what they are signed up to swim (they will need to know this at Friday practice) and to verify that the entries are correct. Also the "Red" book is available for parents to sign up to volunteer at the meet. If you have a child swimming in a meet (even the mini-meet) it is **mandatory** that a parent (adult) work a 2-hour shift at the meet, that is per family not per swimmer.

**** Triton Picture Day and Mini - Meet ****

Saturday May 9th

Concession will open at 11 AM

See attached menu

Starting this week the board will be reviewing our swimmer check-in log. Please make sure your swimmers are checking in each and every day they are at practice swimming. Remember swimmers must attend 3 practices during the week to swim at a meet on Saturday (or Sunday). This requirement will be enforced starting with the Tracy Invitational on May 23rd and 24th.

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 9th - Picture day and Mini Meet. Pictures will start at 9AM with the team picture happening at about 10:45. Please arrive early for you individual picture. Mini Meet Check-in will be at 11AM with warm-up beginning at 11:30 by age group (TBA). There will be concessions available outside the pool deck. Also we will have no individual set-up on the pool deck. Mark you calendars!

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, that 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! See our website for details.

LUNCH

- HAMBURGERS--\$5.00 (MEAL DEAL INCLUDES CHIPS AND CHOICE OF DIET SODA, REGULAR SODA OR SPRITE)
- HOT DOGS-\$5.00 (MEAL DEAL INCLUDES CHIPS AND CHOICE OF DIET SODA, REGULAR SODA AND SPRITE))
- EGGROLLS--\$2.00 FOR 2
- CUP OF NOODLES--\$1.00
- NACHO CHIPS W/ CHEESE AND JALAPENOS--\$3.00
- CHILI--\$2.00

SNACKS

- FRUIT ROLL-UPS—2 FOR \$1.00
- SKITTLES--\$1.00
- SOUR SKITTLES--\$1.00
- SOUR STRIPS--4 FOR \$1.50
- LICORICE-4 FOR 1.00
- CLIFF BAR-\$2.50
- NATURE VALLEY CRUNCHY GRANOLA BARS-\$1.50
- RICE KRISPY TREATS-\$.50
- M&M'S--\$1.00
- LAYS PLAIN CHIPS--\$1.00
- CHEETOS--\$1.00

DRINKS

- GATORADE-\$1.50
- ALL SODAS-\$1.00
- BOTTLED WATER-\$1.00