

# Weekly Wave

KC Waves

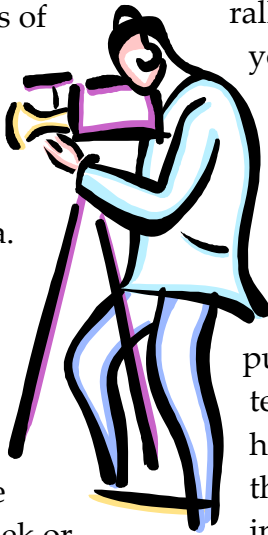
Week of June 14, 2010

## KC Waves Dive into New Season

The KC Waves splashed into the 2010 summer swim season with an exciting morning of Time Trials on June 12. Over 200 swimmers will don purple and display their aquatic skills in the pools again this summer.

### Pep Rally

Our first Pep Rally of the season will be this Fri., June 18th from 5-7 p.m. at MacGills Common Pool. The theme is "KC Waves Go Hawaiian." There's no practice on pep rally nights – just lots of fun. Make it a family night by pre-ordering your Pizza Hut pizza. (Pay for it now, pick it up on Friday at the pool.) Orders with cash prepayment are due to Sandi Olek or Amy Kluckhuhn by the Thurs., June 17 practice.



at the pep rally. Sign up at Volunteer Spot.

### Team Photos

Photographer F. Paul Galeone will photograph your swimmer and the team this Friday at the pep rally. Order forms are in your swimmer's box this week. Individual pictures are at 6 p.m. and the team photo will be at 6:45 p.m. Even if you don't wish to purchase individual or team photos, please have your swimmer at the pool and suited up in time for **the team photo at 6:45 p.m.** Raindate is Fri., June 25.

### Next Meet

The KC Waves face Clemens Crossing at home (MacGills Common Pool) on Saturday, June 19th. Warm ups are at 7 a.m.

If your swimmer is unable to attend a meet, please email the team managers at [kcwaves@gmail.com](mailto:kcwaves@gmail.com) by the **Tuesday** before each meet. Also, let them know if your swimmer is unable to stay for the entire meet. In the past, Team Managers have kept an Absentee List on hand at the pool but we are working electronically this year. Letting us know early in the week, so we can let Coach Maggie know, is important as she must determine the line-up for each meet.

Can't volunteer at Saturday's meet? Help

Visit us online at <http://www.kcwaves.org/> or email us at [kcwaves@gmail.com](mailto:kcwaves@gmail.com).

## Ribbons

Parent volunteers sort, collate and label nearly 800 ribbons. If you must leave a meet early, the ribbons will be placed in the Family File Box. Please do not interrupt the ribbon writers to find out your time or pick up your ribbons early.

- **Place ribbons** are distributed at the end of the meet, sorted by age group. 8 & Under swimmers who place below 8<sup>th</sup> place will receive an 8<sup>th</sup> place ribbon. No place ribbons beyond 8<sup>th</sup> are given for ages 9 and up.
- **Best-time ribbons** are printed and labeled **after** each meet and placed in Family File Folders to be picked up at practice. In order to each a best-time ribbon, a swimmer must have swum the event at either time trials or a previous meet.
- Because **heat-winner ribbons** are handed out at the end of each heat, no information is recorded on them. Remember, your swimmer can win a heat and still not place in the top eight.
- If the swimmer is disqualified (“DQed”), no ribbon will be awarded (except 8 & Under which will note the DQ).



If there is a question or problem concerning a ribbon, please contact

either Carleen Pena ([the4penas@verizon.net](mailto:the4penas@verizon.net), 410-381-0443) or Cathy Wilson ([harperwilson@verizon.net](mailto:harperwilson@verizon.net), 410-309-3188). They will be happy to fix any errors or omissions, but they cannot change what is recorded on a swimmer's card.

## Clippers Summer Clinic Series

The clinics provide swimmers ages 9–13 an opportunity to learn or improve basic swimming skills & stroke mechanics. The clinics will be held on Thursdays, July 1st, 8th, 15, 22nd, & 29th at the Jeffer's Hill Pool from 3:30-5 p.m. The clinics are open to all CA Members and CA Resident Card Holders. Space is limited. Registration began June 1. Registration forms are available at [clipperswim.org](http://clipperswim.org), the Swim Center, and the Aquatics Office.

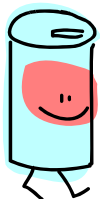
## Change to Practice Schedule for 7-year-olds

Coach Maggie has proposed a regrouping of swimmers from a 6 & Under practice group to a 7 & Under practice group. This change will even out the size of our practice groups, and swimmers will get more coaching specific to their needs. If you have any questions about the groupings or are wondering where your 7-year-old stands, feel free to talk to Maggie. Please remember this represents a shift in practice time: **7&U will practice from 5:00-5:30** during the remainder of pre-season. 8-10 will remain at 5:30-6:15.

## Family File Box

The KC Family File Box is up and running. This file box will be out anytime we are practicing at MacGills. This box will contain your swimmer's unclaimed ribbons, team notices, etc. Please check it and clear it out regularly. There is also a file for Team Managers and Coaches. You can use these folders to leave notes for us or for Maggie and her coaching staff. Some of you may not yet have a file--returning swimmers and swimmers registered by last **Thursday** should have one. If you are a new family and did not register until late last week, CNSL has not yet given us your name. Don't worry--we'll have a folder for you by week's end. Order forms for Team Photos are now in the KC Family File Box. Extra order forms for Team Photos are available.

## Drink Donations



If you have not already done so, please support the team by dropping off drinks that can be sold at the swim meets. A donation list should be on the door of the lifeguard's office at MacGills Common Pool. It should have your swimmer's last name and a couple of slot for write-ins should we not have all your registration information from CNSL. The donations are on the honor system, so check off your name as you leave the donation behind. You can add to the stack already begun in the lifeguard office. It is perfectly fine to drop your donation off anytime

between tonight's practice and Saturday morning before the swim meet.

Please donate a case (24 cans or bottles) of the suggested beverage, based on your swimmer's last name:

- A-He water (1/2 liter size)
- Hi-K Gatorade (1/2 liter size)
- L-Mi regular Coke
- Mo-R regular Diet Coke
- S-T Sprite
- U-Z non-caffeinated sodas both regular or diet.

