



TDST

Weekly E-letter

June 10, 2009 Edition

Practice Times

1st day of Practice,
Monday, June 15

Seniors
13 & over
6:30-8 am

Dolphins
ages 9-12
8:00-9:15 am

Fishies
8 & under
9:15-10 am

Practice times may change after the first week of practice as the coaches move swimmers around according to their skill level.

Things to bring to practice every day:

- Running shoes
- Bottle of water
- Towel
- Wear sunscreen
- Sweatshirt
- Healthy snack

Practice Etiquette

We know that questions arise from time to time so a Swim Team Board member has volunteered to be on-deck every day. Please ask the board member, the coaches are coaching. They want and need to give

all of their attention to your children when they are in the water.

Thank you for not interrupting practice.

Board Members on Deck

Monday: Traci Waddington

Tuesday: Symantha McClennan

Wednesday: Jan Shortt

Thursday: Jennifer Smith

Friday: Eric Macnab or Teri Thalhofer

We will be on deck to answer questions and help with team and meet registration. We look forward to meeting each and every one of you and helping make this a great swim season for you and your children.

Goldendale Fun Swim Sat. June 20

Warm ups at 8:30 am

Free! We encourage all of the swimmers to attend this practice meet, especially the younger swimmers, and new swimmers. It's a short course (25 yard) pool, which is much less

intimidating than The Dalles pool. It is a no-stress chance to practice for real meets, including diving off the blocks, learning when to step up onto them, and more.

We will even have hot dogs, chips and pop for \$2 at the end of the meet.

Team Breakfast Thursday, June 25

This is a free breakfast for all of the swimmers. Seniors will eat after practice, Dolphins can eat before or after, and Fishies will need to eat before practice.

(Check with Jan Shortt if you want to help cook or serve.)

Ted Walker June 26-28

Registration and payment for the Ted Walker swim meet is due by Wednesday, June 17th. Friday night events are long distance events. Cost is \$15 for one day, \$30 for the

whole weekend. \$10 if you are only swimming one event. New swimmers - if you want to compete in this meet, but are unsure what events you will be able to swim, have your parent talk to one of the coaches after practice on the 15th, 16th or 17th.

(Parents we need you to volunteer! Please sign up to help out!)

Team Photos Thursday, July 9

Picture packets and more details to come.

Team Shirts

You're gonna want one! Orders & payment due June 17 to have for the Ted Walker Meet.



T-shirt order form below!!!

Lucky Ducks
\$5 each.

Remember to sell 5 per family and turn in money and list on deck.

Check out

www.tdswimteam.org

- **Team Calendar**
- **Meet information**
- **Check out "Top 5" Times**
- **Volunteer list**
- **More!**

IMPORTANT DATES

- ★ June 15- Practice Starts
- ★ June 17 – Payment and registration due for Ted Walker
- ★ June 17 – T-shirt orders & payment due
- ★ June 20 – Free Fun Swim in Goldendale
- ★ June 25 – Team Breakfast
- ★ June 25 – Duckie Race money & list due on deck
- ★ June 26-28 Ted Walker Meet
- ★ July 9- Team Photos



The Dalles Swim Team T-shirt and Sweatshirt Order Form

(Make checks payable to TDST)

T-shirts are athletic heather gray with logo in blue and white

(sample available with Board Member on deck)

See logo on home page at www.tdswimteam.org

Order and payment due *Wednesday, June 17* to have your Team Top
in time for the Ted Walker Meet!

Name: _____

Phone: _____

		Adult Small	Adult Medium	Adult Large	Adult XL	Adult XXL (add \$1.50)
T-shirt	\$10.00					
Longsleeve T-shirt	\$12.00					
Crewneck Sweatshirt	\$16.00					
Hooded Sweatshirt	\$24.00					
Total:						