

June 22, 2010 NEWSLETTER

HOTLINE: 963-5664

Web Site: www.websterwaves.com



CONGRATS SWIMMERS AND DIVERS!

Congratulations goes out to both the Swim and Dive Teams. Swimming beat Sunset Hills by 90 points, while diving dominated, outscoring Sunset 61 to 15. Congratulations to all! More important than the win, is exhibiting good sportsmanship and a gracious winning attitude. Great job to Coaches Lea, Nick B., Nick D., Stephen, Patty, Julia and Kristen for their preparation of our athletes, mentally and physically. Bring on Crestwood!!! (Reminder: home this Thursday: diving warm-ups 2:30, meet 3:30 p.m.; swimming warm-ups 5:30, meet 6:00 p.m.)

MEET SCORING

Parents may be interested to know that individual heats are conducted, with ribbons going to first, second and third place finishers in each heat. When it comes to team scoring, however, the first, second and third place finishers, irrespective of heat, score for the team. As always, no team is allowed to sweep any one event. If the finish turns out that way, the non-finishing team still gets one point for third place.

APRÉS PARTY

Meets typically ends around 10:00 p.m. We then converge on Imo's Pizza, taking over much of their dining area after the meet. Make plans to get a bite to eat or something to drink after both home and away meets, while getting to know your fellow parents and swimmers/divers better.

TEAMWEAR

Colleen Duchild has received the teamwear that has been ordered to date and will have it available for pick-up at practice on Wednesday. If you're not going to be at practice, please e-mail her at cduch@charter.net to arrange for pick-up.

GOGGLES

Lost goggles are picked up by coaching staff and placed in the storage shed. Please see Coach Lea if you've lost some recently.

PARENTS PLEASE HELP

As there is no on-deck supervision of the pools, we ask that parents please assist the coaches in making sure that swimmers and divers or their siblings are not playing in unsupervised areas (e.g. on the spray park playground or the tetherball court.) Swim & Dive Team participants should remain in the area of the lap pool, under the north pavilion, or in the breezeway when awaiting rides. If there are younger brothers or sisters who are not swimming, they're welcome to play on the playground near the tennis and sand volleyball court while waiting.

THANKS FOR A GREAT WEEK

The coaches appreciate all athletes' hard work these past two weeks. They saw 110% from most athletes. Now, let's have fun while reaping the benefits of our labor! Thanks also go to all of our Team Reps. The first meet ran extremely smoothly due to their efforts.

GIVE FITNESS A TRY

You know what would start your day off right? A good workout! Clip the coupon below and try working out one time FREE while your swimmer or diver practices. There are three lines of cardio to kick start your workout, complete with a view of your kids' practice, and the Nautilus N1 circuit, easy to use and adjust. Free weights your preference? We've got an extensive line and numerous benches for you then.

Just clip the coupon below and give it to the front desk when you come in your first time. If you find the schedule suits you, there are daily rates, reduced rate 20-punch cards, summer only and inexpensive annual memberships available. (Only one complimentary visit per person please.)



This coupon entitles **BEARER**
to one (1) **FREE WORKOUT**
at Webster Groves Fitness Center.

Available for use between 5:30 a.m. and noon
Monday through Friday
through July 23, 2010

(office use)

Name _____

Date _____ Init. _____