

HEAT SHEET

ON THE BLOCKS

June 9– Morning Practice Starts

| | |
|-----------|-------------------|
| 13 -18 | 7:00 – 8:30 a.m. |
| 11-12 | 8:00 – 9:30 a.m. |
| 9 – 10 | 8:30 – 9:30 a.m. |
| 8 & Under | 9:30 – 10:20 a.m. |

June 12 – Dual Meet at Sundance

Arrive at 7:00 a.m.

11 – 18 Warm-up @ 7:20 a.m.

9 & Under Warm-up @ 7:40 a.m.

Concessions provided by Sundance.

June 14 – Competitive Stroke Classes Begin

10:20 – 10:50 a.m. Sign-up sheets available at on the Piney Creek website. Return to coach Scott Cohen. Payment must be turned-in before that first lesson.

June 15 – Red Robin Spirit Night

5:00 – 10:00 p.m. at Corner Star

June 19 – Dual Meet at Wildcat Ridge

Arrive at 7:00 a.m.

Wildcat Ridge provides concessions.

June 23 – Team Pictures

Individual Pictures – Poolside @ 5:00 p.m.

Team Pictures @ 6:00 p.m.

June 23 – Practice Under the Stars

10 & Under 8:00 – 9:00 p.m.

11 & Older 9:00 – 10:00 p.m.

No morning practice or competitive strokes

COACHES' CORNER

Great first meet of the season! Despite coming up a little short on the total score (507.5 – 489.5), we saw some great improvement and good sportsmanship throughout the meet. Keep it up!

Thank you swimmers for signing in as soon as you arrived at the pool. It allowed the coaches to make adjustments right away. Please continue to sign-in as soon as you arrive at meets.

Please continue to help the coaches plan for the meets by making sure to sign-in as a “YES” or “NO” for the meet by the end of practice on Tuesday. Mark on the attendance sheet on either Monday or Tuesday of each week. If you are not able to attend practice before Tuesday, please send an email to coach Scott Cohen at scohen3@cherrycreekschools.org by Tuesday evening.

Morning practice begins on Wednesday, June 9. There will be no evening practice after Tuesday (except for our Practice Under the Stars – June 23).

Competitive Strokes will begin Monday, June 14, from 10:20 – 10:50 am. Coaches will work on stroke technique, turns, and starts. Sign-up forms are available on the website. Please complete and turn into coach Scott Cohen’s file by Friday for the first session. Payment must be turned-in before the first lesson. Private or semi-private lessons are also available with the coaches. See any of the coaches after practice for more information or fill out a form and leave it in Scott’s file.

This Saturday’s meet will be at Sundance. All swimmers should be at the Sundance pool at 7:00 am to warm-up. Remember to always show good sportsmanship and shake hands with the swimmers in the lanes next to you. If you wear a swimming cap to compete in, please be sure that it is a PINEY CREEK CAP. It should be clear to everyone that you are a Piney Creek swimmer. GO HEAT!

THANK YOU...

...Hillary Robben for organizing the pizza party.

...volunteers for all of your help at the Highlands Ranch Meet.

PINEY CREEK CAPS

If you swim with a cap on in meets, it needs to be a Piney Creek HEAT Cap. This is the only mandatory uniform required of our swimmers.

Latex caps may be purchased for \$6.00. Silicone caps are \$14.00. Anne Langlett will be at practice on Wednesday morning practice if you need to purchase a cap.

Thank you!

MEET SURVIVAL

From the Cold:

Sweats, extra towels, sleeping bags, blankets, hats, tennis shoes & socks.

From the Sun & Heat:

Sunscreen, water, hats, water, umbrellas, water, canopies, water.

Other items to bring:

Spare goggles, cap, suit, chairs, games, books, cards.

Supporters:

Give your swimmer a pat on the back or a hug. Trust the coaching to the coaches.

LAST MINUTE INFORMATION

If your child needs to cancel attending the meet on Friday evening or early Saturday morning – please send a text to Coach Scott Cohen

303-478-7479

DIRECTIONS TO SUNDANCE

Sundance Hills Swim & Tennis Club – 303-770-9346
5626 S. Galena Street
Englewood, CO 80111

From Piney Creek Pool
Orchard Road onto South Parker Road
Parker Road to Arapahoe Road – West
Arapahoe Road West to Dayton Street
Right onto Dayton Street to Powers – Past Orchard Road
Right on Powers to Galena Street

Estimated Distance – 6.8 miles

Estimated Time – 12 minutes

NEED TO TALK?

Our coaches put in long hours during practice and meets. They instruct, plan, coordinate, mentor, and encourage. Then get lots of questions, emails, and phone calls. To keep these to a minimum:

1) **Talk to you child's designated coach AFTER practice.**

Ask about your child's progress, explain schedule conflicts, or inquire about meet events when the coach is not coaching. Please do not interrupt the coaching staff during practice or during a race at meets.

2) **Consult the Heat Website:**

www.pineycreekheat.org. The website will provide you will a great deal of information about the season.

3) **Contact a member of the Swim Team Board.** Phone numbers and e-mail addresses are on the website.

4) **Write a note and put it in Scott's file at practice.** You can also email him at scohen3@cherrycreekschools.org. He, or one of the other coaches, will get back to you.

MEET RESULTS

Piney Creek Heat will post results from the past week's meet on the windows near the vending machine, facing the pool.

ALL STAR CAPS

All Star times are noted on the backs of ribbons and on the meet results. If you qualified you get an All-Star swim cap - one per season. It will be placed in your family file.

SPEEDING TICKETS

Redeem your speeding tickets on Wednesday this week or at the end of the season banquet!



Our next swim meet is this coming Saturday against Sundance -- GO HEAT !!

I have attached a PDF file with everyone who has signed up to volunteer for this meet so far. If you have already signed up to volunteer for this meet please double check your position and make sure you check in with me at the Volunteer Sign In table at the meet.

I am short 7 volunteers for this coming meet on Saturday, June 12th. If you can please help Piney Creek Heat Swim Team out we would all greatly appreciate it. I have the following positions available for this Saturday:

FIRST SHIFT:

one Stroke and Turn Judges -- need to be certified to fill this position

SECOND SHIFT:

four Timers

two Stroke and Turn Judges -- need to be certified to fill this position

Piney Creek Swim Team requires that each family volunteer for 4 shifts per season in order to be a part of our swim team -- we need your help. If you know you are going to be at this meet and have not signed up yet this would be a great opportunity to get one of those shift requirements out of the way.

Please feel free to email me at diylandscaping@yahoo.com if you are able to fill one of these positions and I will be happy to add you to the schedule.

Thank you,

Mary Saindon
Volunteer Coordinator
www.pineycreekheat.org
720-872-2444

Meet Date:

June 12, 2010

Meet Location:

SUNDANCE

Need 7 volunteers!!!

Volunteer Job

1st Half

2nd Half

Heating Area

Cherry Munns

Heather McCleary

Heating Area

Matt Bender

Matt Bender

Timer

LaRay Brown

Nidhi Varma

Timer

Connie Heath

Aakash Sahai

Timer

Steve Cohen

Kate Miller

Timer

Peter Sharp

Eva Aagaard

Timer

Chapla Agarwal

Mark Barnes

Timer

Eakins

Alan Piehl

Timer

Dave Smith

Timer

Lisa Spears

Timer

Troy Seaton

Extra Timer

John Sullivan

Stroke and Turn

Susie Piehl

Stroke and Turn

Amanda Sullivan

Doug Anthony

DQ Coordinator

Tracy Brown

Lane-Wierzba

Scoring

Cecilia Miller

Letoynia Coombs

Scoring

PINEY CREEK ALL-STARS

The following Piney Creek Swimmers have qualified for the Mile High Swim League All-Star Meet on July 24, at Castle Rock

Brandon Bender – 9 – 50 Back
Brittany Bender – 13 – 50 Free, 100 Free, 100 Breast
Nicholas Birney – 13 – 100 Breast, 100 Fly, 200 IM
William Clawson – 14 – 100 Free, 200 Free
Ben Collings – 12 – 50 Breast
Evan Frank-Dodge – 13 – 100 Free
Dennis Domashevich – 8 – 25 Breast, 25 Fly, 100 IM
Timothy Domashevich – 10 – 100 Free, 50 Fly, 100 IM
Alec Douglas – 15 – 200 Free
Evan Enix – 18 – 200 Free, 50 Free, 100 Free
Steven Holiday – 16 – 100 Back, 100 Breast, 200 IM
Becca Kingsland – 18 – 100 Free, 100 Back, 200 IM
Alex Kohlman – 13 – 200 Free, 100 Fly, 200 IM
Zane Kuster – 10 – 50 Breast
Sandy Lane-Wierzba – 12 – 100 Free, 50 Back
Chris Langlett – 15 – 200 Free, 100 Breast, 200 IM
Alyse Miller – 14 – 200 Free, 100 Fly, 200 IM
Nathan Miller – 15 – 100 Breast, 100 Fly, 200 IM
Alex Moulton – 13 – 50 Free, 100 Fly, 200 IM
Chad Moulton – 16 – 100 Free, 100 Breast, 200 IM
Austin Phillips – 14 – 100 Free, 200 Free, 100 Back
Caroline Piehl – 17 – 100 Free, 100 Back, 100 Breast
Meghan Plachy – 16 – 200 Free, 100 Breast, 200 IM
Maggie Robben – 8 – 25 Free, 50 Free, 25 Back
Kelly Saindon – 8 – 25 Fly, 100 IM
Max Smith – 10 – 100 Free, 50 Fly, 100 IM
Kayla Solis – 14 – 200 Free, 100 Breast, 200 IM
Zac Solis – 16 – 50 Free, 100 Free, 200 Free
Rachel Szado – 18 – 100 Fly, 100 Back
Madison Tapscott – 15 – 100 Free, 100 Fly
Courtney Wedel – 100 Free, 100 Breast, 200 IM
Lizzy Wiley – 13 – 50 Free, 100 Free, 100 Back
Mackenzie Wyman – 50 Free, 100 Free, 200 Free

Wednesday, June 23

Individual Pictures - 5:00 p.m.

Team Pictures - 6:00 p.m.

Practice Under the Stars

8:00 - 9:00 p.m. - 8 & under & 9 - 10

9:00 - 10:00 p.m. - 11 - 18

No Morning Practice / No Competitive Strokes