

ON THE BLOCKS

June 14 – Morning Practice Continues

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 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.

June 15 – Red Robin Spirit Night

5:00 p.m. to 10:00 p.m. only at the Red Robin in Cornerstar (Parker & Arapahoe Rd). 10% of proceeds come back to Piney Creek Swim Team. Must have the attached coupon.

June 19 – Away Meet at Wildcat Ridge

Wildcat Ridge provides concessions.
11 – 18 Warm-up @ 7:20 a.m.
10 & Under Warm-up @ 7:40 a.m.

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

June 26 – Away Meet at Chaparral

Chaparral provides concessions.
11-18 Warm-up @ 6:40 a.m.
10 & Under Warm-up @ 7:00 a.m.

July 1 – Special 4th of July Practice

COACHES' CORNER

Unfortunately, the weather won the meet this Saturday against Sundance. Board members and coaches from both pools are working out a plan to reschedule the meet for later in the season. Information will be sent out when finalized. We are currently exploring the possibility to a weekday evening meet during the week prior to 4th of July weekend.

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.

Due to today’s cold weather, Competitive Strokes will begin Tuesday, June 15, 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 the Friday before the next season. 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 Wildcat Ridge. All swimmers should be at the Wildcat Ridge 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!

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



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

SMILE!

Swim Team Pictures Wednesday – June 23

5 – 6 p.m. Individual Pictures

6 p.m. Team Picture

6:20 p.m. – Continue Individual Pictures

- Photos taken by Luper Studio
- Bring completed order form & check to the photo session
- One order form per swimmer (extra available that night)
- Swimmers, you will be issued a number to hold your spot: please be available when your number is called.
- There are 163 swimmers and 8 coaches for the team picture – your patience & support are appreciated.
- Coupons are available on the Luper Studio website

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 Mondays or at the end of the season banquet!

Thank you to all our parent volunteers -- we really appreciate all your help and dedication.

Here is the volunteer schedule for the upcoming meet against Wildcat Ridge. I am in need of 5 timers for the second shift of this meet. Also, certified Stroke and Turn Judges -- I need 1 first shift judge and 2 second shift judges and 1 DQ coordinator for the 2nd shift. I will be sending out a mass email looking for more volunteers for this coming meet against Wildcat Ridge so if you are available please send me an email at diylandscaping@yahoo.com.

Below I have the schedule for this coming Saturday if you could add it as well I would greatly appreciate it. If you need me to change the format just let me know. If you have any questions feel free to email me or call me.

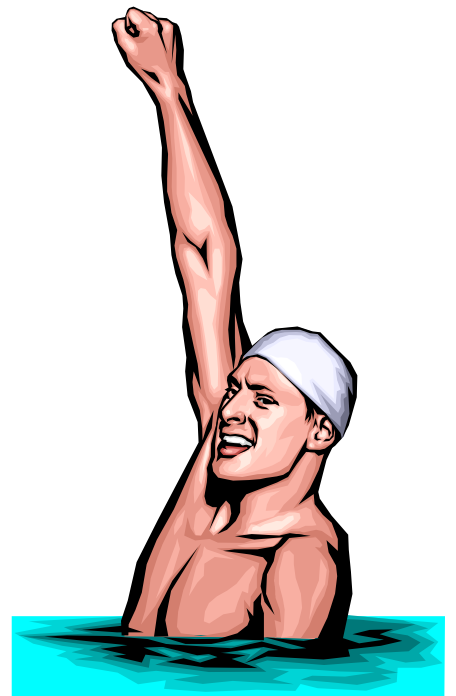
Thanks,
Mary Saindon
Volunteer Coordinator

Meet Date: June 19, 2010
Meet Location: WILDCAT RIDGE *Need 9 volunteers!!!*

Volunteer Job	1st Half		2nd Half	
Runner/Heating Area	Kristen Brooks		Heather McCleary	
Runner/Heating Area	Dawn Kohlman		Jack Tate	
Timer	Connie Heath		Jim Clawson	
Timer	Jeff Kohlman		Mark Barnes	
Timer	Mike Munns			
Timer	Joe Bajek			
Timer	Steve Cohen			
Timer	Kathleen Tate		Kathleen Tate	
Timer	Linda Drera-Frank		Eva Aagaard	
Timer	Eakins			
Timer	Lisa Spears			
Extra Timer	Jack Tate		Juli Reiakvam	
Stroke and Turn				
Stroke and Turn	Doug Anthony			
DQ Coordinator	Lisa Gray			
Scoring	Kim Harwell		Lane-Wierzba	
Scoring	Cecilia Miller		Jeff Harwell	

ALL STAR QUALIFIERS

Brandon Bender – 9 – 50 Back
Brittany Bender – 13 – 50 Free, 100 Free, 100 Breast
Nicholas Birney – 13 – 100 Breast, 100 Fly, 200 IM
Matt Bush – 17 – 100 Free, 100 Back, 100 Fly
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
Elizabeth Wiley – 13 – 50 Free, 100 Free, 100 Back
Mackenzie Wyman – 50 Free, 100 Free, 200 Free



Directions to Next Meet (from Piney Creek Pool):

Wildcat Ridge

10511 South Serengeti Drive

Highlands Ranch, Colorado 80124

- I-25 South to Lincoln Avenue
- West on Lincoln to Quebec St.
- Left at S. Quebec Street to Wildcat Ridge
- Left at Wildcat Ridge to Lionshead Parkway
- Right at Lionshead Parkway
- 1st right onto S. Serengeti Drive

RED ROBIN SPIRIT NIGHT!

WHEN?? Tuesday, June 15th
TIME?? 5:00 - 10:00 p.m.
WHERE?? Cornerstar Red Robin

MARK YOUR CALENDARS!!!

Take a night off from cooking and help support your *Piney Creek Heat Swim Team!* HOW? Print out the attached flyer and bring it to Red Robin on June 23rd any time between 5-10 p.m. Red Robin will donate back to the Piney Creek Heat 10% of their proceeds that evening for everyone *presenting the attached flyer!*

