

ON THE BLOCKS

Daily Practice Schedule:

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 30 – Make-up Meet at Sundance

NO MORNING PRACTICE

Sundance provides concessions

Warm-up @ 3:30 pm

Starts @ 4:30 pm

July 1 - No Morning Practice

Competitive Strokes will be held @ 10:20 am.

July 2 – Special 4th of July Practice

July 3 – No Swim Meet

July 10 – Home Meet vs. Castle Rock

Piney Creek provides concessions.

11-18 Warm-up @ 6:40 a.m.

10 & Under Warm-up @ 7:00 a.m.

Prelims:

July 12 (Monday)

8 & Under @ Sundance

July 13 (Tuesday)

11-12 & 13-14 @ Wildcat Ridge

July 14 (Wednesday)

9-10 & 15-18 @ Castle Rock

Championships:

July 17 (Saturday) @ Piney Creek

Top 16 qualifiers from Prelims compete in each event. Each team may only enter two relays for each age-group.

Team Banquet

July 18 (Sunday) at Piney Creek Pool

7:00 – 10:00 pm

All Star Meet

July 24 (Saturday) at Castle Rock

COACHES' CORNER

We will be making up our dual meet against Sundance this Wednesday evening. The meet will start at 4:30 pm. It looks like the weather will be much better for swimming than the 46 degrees the day we were originally scheduled to swim against Sundance. Please plan to arrive at 3:30 pm, to check in.

Because of our meet on Wednesday night, we will not have morning practice on Wednesday (June 30) or Thursday (July 1). Competitive Strokes will not take place on Wednesday, but will be held on Thursday and Friday.

We will have a special 4th of July celebration practice on Friday, July 2. There will be games, contests, and prizes. This event will take place during our normal practice times in the morning. Come prepared for some All-American fun!

Entries for the League Prelims are due to the League on Monday, July 5. Please be sure to sign-in on the attendance sheet and mark "YES" or "NO" if you will be attending the Prelims and Championships by the end of the week. If you will not be at practice this week, please send an email to the coach Scott Cohen at scohen3@cherrycreekschools.org by Friday, July 2.

Next week will be our fourth and final session for Competitive Stroke classes. If you are interested in signing-up, please download a Competitive Stroke form off of the Piney Creek Heat website and return it to coach Scott Cohen by Friday.

One of the best parts about the sport of swimming is the number of ways that success can be measured. Achieving a best time is often the greatest form of accomplishment for a swimmer of any age. This week we will be giving out 215 Speeding Tickets! It is wonderful to see that kind of success by so many swimmers. Hard work does pay off in the pool.

GO HEAT!

SPECIAL 4th of July Practice



Friday – July 2

No Meet on July 3

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 Mondays or at the end of the season banquet!

Thank you to everyone who volunteered this past weekend at the Chapparal meet. Without your support and dedication we would not be able to run our meets.

Our makeup swim meet is next Wednesday (June 30th) beginning at 4:30pm at Sundance.

If you were originally scheduled to work this meet and I have not heard back from you I left you in your original position.

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.

So far I am short 7 volunteers for this makeup meet on Wednesday, June 30th. 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 makeup meet on Wednesday (June 30th):

FIRST SHIFT:

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

SECOND SHIFT:

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

Meet Date:	June 30, 2010	
Meet Location:	SUNDANCE	Need 7 volunteers!!!
Volunteer Job	1st Half	2nd Half
Heating Area	Cherry Munns	Heather McCleary
Heating Area	Janet Bender	Amy Shelby
Timer	LaRay Brown	Nidhi Varma
Timer	Jim Clawson	
Timer	Steve Cohen	Kate Miller
Timer	Anne Reed	
Timer	Chapla Agarwal	Juli Reiakvam
Timer	Eakins	Alan Piehl
Timer	Gail Cohen	
Timer	Lisa Spears	Kim Dyer
Timer	Troy Seaton	
Extra Timer	John Sullivan	
Stroke and Turn		
Stroke and Turn	Susie Piehl	Tony Szado
DQ Coordinator	Russ Aagaard	Matt Bender
Scoring	Tracy Brown	Lane-Wierzba
Scoring	Cecilia Miller	Letoynia Coombs

Thank you,

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

PINEY CREEK ALL-STARS

The following Piney Creek swimmers have qualified to compete in the Mile High Swim League All-Star meet on Saturday, July 24, at Castle Rock.

Lane Barnes (14) – 200 Free, 100 Back, 100 Breast
Logan Barnes (14) – 100 Free, 100 Fly, 200 IM
Brandon Bender (9) – 50 Free, 100 Free, 50 Back, 100 IM
Brittany Bender (13) – 50 Free, 100 Free, 100 Breast, 200 IM
Nicolas Birney (13) – 100 Breast, 100 Fly, 200 IM
Matt Bush (17) – 100 Free, 200 Free, 100 Back, 100 Fly
William Clawson (14) – 100 Free, 200 Free, 100 Back
Ben Collings (12) – 100 Free, 50 Breast, 100 IM
Evan Dodge-Frank (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
Rebecca Durfee (9) – 50 Fly
Audra Eakins (14) – 100 Breast, 100 Fly, 200 IM
Evan Enix (18) – 50 Free, 100 Free, 200 Free, 100 Back, 100 Fly, 200 IM
Steven Holiday (16) – 100 Back, 100 Breast, 200 IM
Matthew Jenkins (14) – 200 Free
Kelse Johnson (16) – 50 Free, 100 Free, 100 Back
Becca Kingsland (18) – 50 Free, 100 Free, 100 Back, 100 Fly, 200 IM
Alexander Kohlman (13) – 100 Free, 200 Free, 100 Fly, 200 IM
Zane Kuster (10) – 50 Free, 50 Breast
Sandy Lane-Wierzba (12) – 100 Free, 50 Back
Chris Langlett (15) – 200 Free, 100 Breast, 200 IM
Alyse Miller (14) – 50 Free, 100 Free, 200 Free, 100 Fly, 200 IM
JT Miller (8) – 25 Breast
Nathan Miller (15) – 50 Free, 100 Free, 100 Breast, 100 Fly, 200 IM
Alex Moulton (13) – 50 Free, 200 Free, 100 Breast, 100 Fly, 200 IM
Chad Moulton (16) – 100 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
Ciera Munns (10) – 50 Breast
Austin Phillips (14) – 100 Free, 200 Free, 100 Back, 100 Breast, 200 IM
Caroline Piehl (17) – 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly
Mallory Plachy (12) – 50 Breast
Meghan Plachy (16) – 200 Free, 100 Breast, 200 IM
Nick Price (10) – 50 Back
Maggie Robben (8) – 25 Free, 50 Free, 25 Back, 100 IM
Kelly Saindon (8) – 25 Free, 50 Free, 25 Breast, 25 Fly, 100 IM
Alexandra Smith (15) – 100 Back
Max Smith (10) – 50 Free, 100 Free, 50 Fly, 100 IM
Kayla Solis (14) – 200 Free, 100 Breast, 200 IM
Zach Solis (16) – 50 Free, 100 Free, 200 Free, 100 Fly, 200 IM
Rachel Szado (18) – 100 Back, 100 Breast, 100 Fly, 200 IM
Tyler Tallbull (10) – 50 Fly
Madison Tapscott (15) – 100 Free, 100 Fly
Courtney Wedel (16) – 100 Free, 100 Breast, 200 IM
Elizabeth Wiley (13) – 50 Free, 100 Free, 200 Free, 100 Back
Mackenzie Wyman (17) – 50 Free, 100 Free, 200 Free

The coaching staff would love to see as many Piney Creek Swimmers as possible compete in this year's All-Star Meet.