

# HEAT SHEET

## ON THE BLOCKS

### July 9 – Breakfast Club

Come enjoy breakfast with your teammates after practice on Friday.

### 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.  
Meet Starts @ 8:00 a.m.

### Prelims:

Regular practice times for age-groups not swimming prelims that day and for those who qualify for Championships.

### July 12 (Monday)

7-8 and 6 & Under  
Sundance @ 8:00 a.m.

### July 13 (Tuesday)

11-12 & 13-14  
Wildcat Ridge @ 8:00 a.m.

### July 14 (Wednesday)

9-10 & 15-18  
Castle Rock @ 8:00 a.m.

### July 15 & 16 (Thursday & Friday)

Regular practice times for those who qualified for Championships as a individual and/or on a relay.

### 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.

Arrive at 6:00 a.m. for Warm-up!

### Team Banquet

July 18 (Sunday) at Piney Creek Pool  
6:00 – 10:00 pm

### All Star Meet

July 24 (Saturday) at Castle Rock

## COACHES' CORNER

We hope everyone had a great 4<sup>th</sup> of July and that everyone is ready to finish off the season with fast swims!

Congratulations to everyone on our first dual meet victory of the season against Sundance. It came down to the Freestyle Relays for the Heat to pull out an 8-point victory. It was high drama in primetime. Once again we had some amazing time improvements – 4 swimmers took off over 10 seconds in one swim!

This week's dual meet is at Piney Creek against Castle Rock. This is our last dual meet of the season. 11-18 year-old swimmers will warm-up at 6:40 am. 10 & under swimmers will warm-up at 7:00 am. Be ready to swim fast!

Next week, League Prelims will take place on Monday, Tuesday, and Wednesday. League Championships will be on Saturday, July 17, at Piney Creek. Swimmers who place in the Top-16 at the Prelims qualify to compete in the Championships. Relays will only compete in the Championship meet, not during prelims. Relay entries will be announced after our final dual meet against Castle Rock. Arrival times for Prelims will be announced later in the week after our League Coaches Meeting on Wednesday. All Prelim meets will begin at 8:00 am.

Swimmers should come for practice next week at normal practice times, until the Prelim meet for their age group. Those who qualify for individual events and those who are swimming relays at Championships should continue to practice through Friday. Saturday, July 17, Championship swimmers should plan to arrive at the Piney Creek Pool by 6:00 am!

Those swimmers who don't qualify for Championships and are not swimming in a relay – you're all done! Thank you for all of your hard work this season. We would love to have you come to Championships and cheer on your teammates.

The End-of-Season Banquet and Awards Ceremony is on Sunday, July 18. We hope to see everyone there!

GO HEAT!

## **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**

## ***SPEEDING TICKETS***

Redeem your speeding tickets for prizes during the End-of-Season Piney Creek Heat Banquet

Sunday, July 18

## **END-OF-SEASON PARTY!**

Piney Creek  
Clubhouse & Pool  
Sunday, July 18  
6:00 – 10:00 p.m.

**More information to follow.**

## **PRELIMS**

Everyone who has been swimming for and practicing with the Piney Creek Heat this summer qualify to compete in the Prelims. These meets comprise the first half of the League Championship Meet. Qualifying times are not needed for the Prelims, and there are no relays.

Each Prelim Meet will start at 8:00 a.m., but warm-up times will vary. The times will be sent out via email by the end of the week. Please don't miss your warm-up time.

If you place in the Top-16 in an event at Prelims you qualify to swim that event at the Championship Meet. If you qualify as an individual, or if you are a member of a Championship relay team, you should continue to come to practice throughout the week.

## **CHAMPIONSHIPS**

Championships comprise the second half of the League Championships and are held on one Saturday. This year's meet will take place on July 17, at Piney Creek.

You must have qualified for this meet at Prelims by placing in the Top-16 of an event (17<sup>th</sup> and 18<sup>th</sup> place are alternates and should still come to the meet and practice for the rest of the week).

Relays are only held during the Championship Meet, not during the Prelims. The coaches may put you on a relay at Championships, even if you didn't qualify in an individual event at Prelims or didn't swim in the Prelims at all. Relay entries will be made after our final dual meet of the season.

## **ALL-STARS**

The fastest swimmers from all 24 of the Mountain High Swim League will compete in the All Star Meet in Castle Rock- Saturday, July 24. Meet times will be released this week.

To participate in this meet, you must have achieved a qualifying time. If you do qualify and would like to participate, see Scott next week about signing-up. Last year there was a \$15 entry fee.

The Piney Creek coaching staff would like to encourage all of our All-Stars to compete in this meet. One more week of practice and a meet against the fastest swimmers in the league will allow for further growth as a swimmer.

***GO HEAT!***

Thank you to everyone who volunteered this past Wednesday at the Sundance meet. Without your support and dedication we would not be able to run our meets. Here is the volunteer schedule for the upcoming meet against Castle Rock on Saturday, July 10th. If you have signed up to volunteer for this meet please double check your positions and be sure to check in with me by 7:00am at the meet.

I am in need of the following volunteer positions for July 10th

*1st shift Concessions*

*1st shift Water Person*

*2nd shift Stroke and Turn Judge (must be certified)*

If you are available to fill one of these positions please send me an email at [diylandscaping@yahoo.com](mailto:diylandscaping@yahoo.com).

Thank you again for all your hard work so far this season -- let's keep it going through Championships!!

**Meet Date: July 10**

**PINEY CREEK HOSTS CASTLE ROCK**

**Need 3 volunteers!!!**

<b>Volunteer Job</b>	<b>1st Half</b>	<b>2nd Half</b>
<b>Meet Referee</b>	Sherri Phillips	Sherri Phillips
<b>Scribe</b>	Lori Gross	Lori Gross
<b>Starter</b>	Lori Miller	Lori Miller
<b>Announcer</b>	Bill Jenkins	Bill Jenkins
<b>Clerk of Course</b>	Candy Enix	Candy Enix
<b>Clerk of Course</b>	Tami Smith	Tami Smith
<b>Clerk of Course</b>	Jean Solis	Jean Solis
<b>Heating/Coordinator</b>	Kristen Brooks	Juli Reiakvam
<b>Heating Area</b>	Cecilia Miller	Andrea Sandau
<b>Heating Area</b>	Kate Varosy	Gary Sandau
<b>Head Timer</b>	Doug Arthison	Doug Arthison
<b>Timer</b>	Connie Heath	Laura Schmidt
<b>Timer</b>	Andy Kamlet	Hershel Shapiro
<b>Timer</b>	Mike Munns	Jim Clawson
<b>Timer</b>	Bryant Walters	Marie Kelso
<b>Timer</b>	Ron Helart	Bill Kelso
<b>Timer</b>	Steve Cohen	Stuart Price
<b>Timer</b>	Joe Bajek	Alan Piehl
<b>Timer</b>	Tom Fuina	Tom Fuina
<b>Timer</b>	Emily Wedel	Emily Wedel
<b>Timer</b>	Chapla Agarwal	Ann McNider
<b>Timer</b>	Bernadette Kingsland	Deana Steele
<b>Timer</b>	Kate Miller	Jim Rose
<b>Extra Timer</b>	Troy Seaton	Troy Seaton
<b>Runner Coordinator</b>	Laura Tapscott	Laura Tapscott
<b>Runner</b>	Laura Schmidt	Amy Selby
<b>Runner</b>	Beth Thielk	Beth Thielk
<b>Runner</b>	Tania Mariani	Susie Price
<b>Stroke and Turn</b>	Kelly Chang	Susie Piehl
<b>Stroke and Turn</b>	Lisa Gray	
<b>DQ Coordinator</b>	Russ Aagaard	Doug Anthony
<b>Scoring</b>	Amanda Sullivan	Letoynia Coombs
<b>Scoring</b>	Darryl Kingsland	Maureen Rose
<b>Concessions</b>		Elizabeth Thomas
<b>Concessions</b>	Margaret Powers	Tania Mariani
<b>Concessions</b>	Brenda Walters	Leslie Shapiro
<b>Concessions</b>	Shelley Ford	Kate Varosy
<b>Water Person</b>		Peter Sharp
<b>Restroom Attendant</b>	Juli Reiakvam	Scott Thomas
<b>Trash/Clean Up</b>	Mark Peper	Mark Peper

Thank you,

Mary Saindon

Volunteer Coordinator

[www.pineycreekheat.org](http://www.pineycreekheat.org)

CHAMPIONSHIP VOLUNTEERS

Meet Date: July 17

PINEY CREEK HOSTS CHAMPIONSHIPS

Need lots of volunteers!!!

<b>Volunteer Job</b>	
<b>Meet Referee</b>	Ted Collings
<b>Scribe</b>	Marilyn Johnson
<b>Announcer</b>	Bill Jenkins
<b>League Rep/Starter</b>	Lori Miller
<b>Head Timer</b>	Doug Arthison
<b>Clerk of Course</b>	Candy Enix
<b>Clerk of Course</b>	Tami Smith
<b>Clerk of Course</b>	
<b>Stroke and Turn</b>	
<b>Stroke and Turn</b>	
<b>Stroke and Turn</b>	

Events 1-45		Events 46-90
<b>Heating Area</b>	Janet Bender	Janet Bender
<b>Heating Area</b>	Jill Gesquiere	Jill Gesquiere
<b>Heating Area</b>		
<b>Heating Area</b>		
<b>Heating Area</b>		
<b>Heating Area</b>		
<b>Timer</b>	Deb Holiday	
<b>Timer</b>	Steve Selby	
<b>Timer</b>	Jackie Matz	
<b>Timer</b>	Jeff Matz	
<b>Extra Timer</b>		
<b>Runner 25M/Coodinator</b>	Laura Tapscott	Laura Tapscott
<b>Runner</b>		
<b>Runner</b>		
<b>Runner</b>		
<b>Runner</b>		
<b>DQ Runner</b>		
<b>Scoring</b>		
<b>Scoring</b>		
<b>Scoring</b>		
<b>Concessions</b>	Andrea Durrell	Amy Selby
<b>Concessions</b>		
<b>Concessions</b>		
<b>Concessions</b>		
<b>Concessions</b>		
<b>Concessions</b>		
<b>Water Person</b>		

<b>Restroom Attendant</b>	Tricia Kellogg	Tricia Kellogg
<b>Trash</b>		Clark TallBull
<b>Trash</b>	Dan Kellogg	Dan Kellogg
<b>Trash</b>		

PRELIM VOLUNTEERS

<b>Ages: 8 &amp; under</b>		<b>Monday, July 12</b>
<b>Ages: 6 &amp; under</b>	<b>SUNDANCE</b>	Estimated to finish at 10:30 am
<b>Volunteer Job</b>	<b>Events 1 - 72</b>	<b>Short Meet</b>
<b>Timer</b>	Bruce Durrell	XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Timer</b>	Peter Sharp	XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Timer</b>	Jessica Logan	XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Stroke and Turn</b>		XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Scoring</b>		XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Clerk of Course/Heating</b>	Simi Patel	XXXXXXXXXXXXXXXXXXXXXXX XXX
<b>Clerk of Course/Heating</b>		XXXXXXXXXXXXXXXXXXXXXXX XXX

<b>Ages: 11 - 12</b>		<b>Tuesday, July 13</b>
<b>Ages: 13 - 14</b>	<b>WILDCAT RIDGE</b>	Estimated to finish at 12:00 pm
<b>Volunteer Job</b>	<b>Events 1 - 46</b>	<b>Events 55 - 78</b>
<b>Timer</b>		
<b>Timer</b>		
<b>Timer</b>		
<b>Stroke and Turn</b>		
<b>Scoring</b>		
<b>Scoring</b>	XXXXXXXXXXXXXXXXXXXXXXX	
<b>Clerk of Course/Heating</b>	Brenda Hubert	

<b>Ages: 9 - 10</b>		<b>Wednesday, July 14</b>
<b>Ages: 15 - 18</b>	<b>CASTLE ROCK</b>	Estimated to finish at 12:30 pm
<b>Volunteer Job</b>	<b>Events 1 - 48</b>	<b>Events 53 - 80</b>
<b>Timer</b>		
<b>Timer</b>		
<b>Timer</b>		
<b>Timer</b>		
<b>Heating Area</b>	Brenda Hubert	
<b>Runner</b>	XXXXXXXXXXXXXXXXXXXXXXX	
<b>Stroke and Turn</b>		
<b>Scoring</b>		

## 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.**

Bailey Arithson (16) – 200 IM  
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  
Andrew Cohen (18) – 200 Free  
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, 200 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  
Katie Power (8) – 25 Back  
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 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Tyler Tallbull (10) – 50 Fly  
Madison Tapscott (15) – 100 Free, 100 Fly  
Courtney Wedel (16) – 50 Free, 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.**