

HEAT SHEET

www.pineycreekheat.org July 6 – July 11, 2009 www.pineycreekheat.org

ON THE BLOCKS

July 10 (Friday)

Breakfast Club at Practice

Come eat breakfast with your teammates!

July 11 – Away Meet vs. Southglenn

11-18 Warm-up @ 7:20 a.m.

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

Meet starts at 8:00 a.m.

Prelims:

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

July 13 (Monday)

8 & Under and 6 & Under

Southglenn @ 8:00 a.m.

July 14 (Tuesday)

11-12 and 13-14

Sundance @ 8:00 a.m.

July 15 (Wednesday)

9-10 and 15-18

Holly Park @ 8:00 a.m.

July 16 & 17 – Thursday & Friday

Regular practice times for those who qualified for Championships

Championships:

July 18 (Saturday) at 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 19 (Sunday) at Piney Creek Pool

6:00 – 10:00 p.m.

All Star Meet:

July 25 (Saturday) at Castle Rock

Times TBA

COACHES' CORNER

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

This week's dual meet is at Southglenn. Swimmers should arrive at the Southglenn pool at 7:00 a.m. to check-in and warm-up. This is our last dual meet of the season. A victory would give us an undefeated dual meet season. Be ready to swim fast!

Next week, League Prelims will take place on Monday, Tuesday, and Wednesday. League Championships will be on Saturday, July 18, 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 Southglenn. Arrival times for Prelims will be announced later in the week after our League Coaches Meeting on Tuesday.

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 18, Championship swimmers should plan to arrive at the Piney Creek Pool by 6:00 a.m..

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 19. We hope to see everyone there!

GO HEAT!

SPEEDING TICKETS

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

Sunday, July 19

DIRECTIONS TO SOUTHGLENN COUNTRY CLUB

Southglenn Country Club
1489 E. Easter Avenue
Centennial, CO 80122

From Piney Creek Pool:

- Orchard Road to Parker Road.
- Left on Parker Road (South) to Arapahoe Road.
- Right on Arapahoe Road (West) to University Blvd.
- Left on University Blvd (South) to Easter Avenue.
- Right on Easter Avenue (West). Follow to Pool.

Distance: 13.8 miles

Estimated Time: 24 minutes

END-OF-SEASON PARTY!

**Piney Creek
Clubhouse & Pool
Sunday, July 19
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 18, at Piney Creek.

You must have qualified for this meet at Prelims by placing in the Top-16 of an event (17th and 18th 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 25. 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.

GO HEAT!

Hi Everyone,

Just a reminder – EACH family is required to volunteer 4 times. There is only 1 regular season meet left (this Saturday at Southglenn) and then prelims and championships. Please go to the website to see what positions are available and make sure to sign up. We need a lot of help the next 2 weeks!!!!

Below is the volunteer schedule for the meet Saturday – we still need 6 volunteers. Please help if you can.

Thanks.

Tami

Meet Date: July 11, 2009

Meet Location: SOUTHGLENN *Need 6 volunteers!!!*

Volunteer Job	1st Half	2nd Half
Heating Area	Kim Dyer	
Heating Area	Nancy Ryan	
Timer	Eva Aagaard	
Timer	Mike Munns	Clark Tallbull
Timer	Kate Miller	Hershel Shapiro
Timer	Emily Wedel	Emily Wedel
Timer	Joe Bajek	Jim Clawson
Timer	Steve Cohen	Julie Whipple
Timer	Bryant Walters	Ron Helart
Timer	Rich Thielk	Jayne Arithson
Timer	Heather McCleary	Koji Takeyama
Extra Timer	Kim Harwell	
DQ Coordinator	Kathleen Tate	Kathleen Tate
Stroke and Turn	Kelly Chang	Matt LeBlanc
Stroke and Turn		
Scoring	Amanda Sullivan	Ruth Lane-Wierzba
Scoring	Letoynia Coombs	Letoynia Coombs