

# HEAT SHEET

## ON THE BLOCKS

### 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.**

**Warm-up @ 7:00 a.m.**

### **July 13 (Tuesday)**

**11-12 & 13-14**

**Wildcat Ridge @ 8:00 a.m.**

**Warm-up @ 7:00 a.m.**

### **July 14 (Wednesday)**

**9-10 & 15-18**

**Castle Rock @ 8:00 a.m.**

**Warm-up @ 7:00 a.m.**

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

Regular practice times for those who qualified for Championships as an 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**

**RSVP by Thursday, July 15**

### All Star Practice

**July 19 – 23**

**All Age-Groups**

**8:00 – 9:15 a.m.**

### All Star Meet

**July 24 (Saturday) at Castle Rock**

**Starts @ 8:00 a.m.**

## COACHES' CORNER

Congratulations on a great final meet. We finished the dual meet season with a resounding 650.5 to 349.5 victory over Castle Rock. Way to go HEAT! Speeding tickets from the Castle Rock meet will be able to be redeemed for prizes during practice on Thursday.

League Prelims will take place this week 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. Warm-up is at 7:00 a.m. for each of the prelim sessions. Please plan to arrive at the pool 10 minutes prior to the warm-up time to check-in and find a place to sit.

Swimmers should come for practice this 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 a.m.. We will be sitting in the Baby Pool area during the meet.

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! The event is catered by Jim N' Nick's BBQ, Speeding Tickets can be redeemed, awards will be presented, a DJ will be playing music, and the pool will be open until 10:00 p.m.!

We close out the season with the All-Star meet on Saturday, July 24. The coaching staff would like to encourage any swimmers who have qualified for All-Stars to attend. Entries for All-Stars are due on Sunday, July 18. All All-Star swimmers will practice together from 8:00 – 9:15 a.m. next week.

GO HEAT!

## ***SPEEDING TICKETS***

Redeem your speeding tickets for prizes

\* Thursday – Castle Rock Meet – During Practice

\* Sunday – Prelims & Championships  
During the End-of-Season Piney Creek Heat  
Banquet

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

Piney Creek  
Clubhouse & Pool

Sunday, July 17  
6:00 – 10:00 p.m.

6:00 – 7:00 – Dinner  
7:00 – 8:00 – Awards  
8:00 – 10:00 – Open Swim

Dinner Catered by  
Jim N' Nicks Bar-B-Q

**LIVE DJ!**

Must RSVP by July 15

More information attached to  
this newsletter.

Piney Creek Swim Team is looking for a  
volunteer to take charge of our Concession Stand  
for next year.

If you are interested, please contact  
Mary Saindon, 720-872-2444 or  
Shari Kuster, 303-693-6108.

Shari Kuster is currently the chairperson for this  
position and will be available to training you and  
prepare you for next year.

## **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 helped out on Saturday at our home meet against Castle Rock. Without your help, support, and dedication we would not be able to have our meets. So thank you again for all that you've done this season and let's keep that dedication going through prelims and championships.

We have a very busy week ahead of us and I am in need of many volunteers, especially for Championships next weekend.

**For Prelims at Castle Rock on July 14th for the 9-10 and 15-18 year old I am in need of three volunteers:**

**one 1st shift timer  
one 2nd shift timer  
one 2nd shift scoring**

**Championships on Saturday, July 17th -- I need tons of volunteers:**

**four heating area -- 1st shift  
five runners -- 1st shift  
three concessions -- 1st shift  
one trash person -- 1st shift**

**four heating area -- 2nd shift  
three timers -- 2nd shift  
five runners -- 2nd shift  
four concessions -- 2nd shift  
one trash person -- 2nd shift**

I need **two grill masters** to help cook hot dogs and burgers during the lunch time at Championships.

I also need someone to **buy and cook breakfast sausage** on Thursday and then bring it to the meet on Saturday -- you will be reimbursed for the cost of the sausage.

It seems like we are always asking for volunteers but without everyone's help our kids would not be able to swim at any meets. So thank you for your support and hard work. If you are available and have not yet signed up to volunteer yet please send me an email at [diylandscaping@yahoo.com](mailto:diylandscaping@yahoo.com) and let me know what positions you are able to help with during prelims and/or Championships.

Let's keep the great help going through prelims and championships !!!!

GO HEAT !!!

Mary Saindon  
Volunteer Coordinator  
HYPERLINK "<http://www.pineycreekheat.org/>"[www.pineycreekheat.org](http://www.pineycreekheat.org/)

**WANTED**

National Anthem Singer  
for Championships  
(Individual, Group, or  
Instrumental)

Contact Lori Miller by Wednesday  
if you are interested in trying out.

303-699-8477 – Home  
303-356-9978 - Cell

**PRELIM VOLUNTEERS**

**Ages: 8 & under**  
**Ages: 6 & under**

**Monday, July 12**

**SUNDANCE**

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	XXXXXXXXXXXXXXXXXXXXXX
<b>Timer</b>	Peter Sharp	XXXXXXXXXXXXXXXXXXXXXX
<b>Timer</b>	Jessica Logan	XXXXXXXXXXXXXXXXXXXXXX
<b>Stroke and Turn</b>	Lisa Gray	XXXXXXXXXXXXXXXXXXXXXX
<b>Scoring</b>	Amanda Sullivan	XXXXXXXXXXXXXXXXXXXXXX
<b>Clerk of Course/Heating</b>	Simi Patel	XXXXXXXXXXXXXXXXXXXXXX
<b>Clerk of Course/Heating</b>	Margaret Power	XXXXXXXXXXXXXXXXXXXXXX

**Ages: 11 - 12**  
**Ages: 13 - 14**

**Tuesday, July 13**

**WILDCAT RIDGE**

Estimated to finish at 12:00  
 pm

<b>Volunteer Job</b>	<b>Events 1 - 46</b>	<b>Events 55 - 78</b>
<b>Timer</b>	Kim Dyer	Mark Eakins
<b>Timer</b>	Jane Clawson	Jean Solis
<b>Timer</b>	Margaret Power	Jeff Kohlman
<b>Stroke and Turn</b>		
<b>Scoring</b>	Jeff Kohlman	Tracy Brown
<b>Scoring</b>	XXXXXXXXXXXXXXXXXXXXXX	Ruth Lane-Wierzba
<b>Clerk of Course/Heating</b>	Brenda Hubert	Janet Bender

**Ages: 9 - 10**  
**Ages: 15 - 18**

**Wednesday, July 14**

**CASTLE ROCK**

Estimated to finish at 12:30  
 pm

<b>Volunteer Job</b>	<b>Events 1 - 48</b>	<b>Events 53 - 80</b>
<b>Timer</b>	Johanne Washington	Jayne Arithson
<b>Timer</b>	Joe Solis	Marilyn Johnson
<b>Timer</b>		Emily Wedel
<b>Timer</b>	Dawn Durfee	
<b>Heating Area</b>	Brenda Hubert	Janet Bender
<b>Runner</b>	XXXXXXXXXXXXXXXXXXXXXX	Letoynia Coombs
<b>Stroke and Turn</b>	Cecilia Miller	Cecilia Miller
<b>Scoring</b>	Shelly Collings	

Meet Date: July 17

PINEY CREEK HOSTS CHAMPIONSHIPS

Need lots of volunteers!!!

Volunteer Job

Meet Referee	Ted Collings
Scribe	Marilyn Johnson
Announcer	Bill Jenkins
League Rep/Starter	Lori Miller
Head Timer	Doug Arthison
Clerk of Course	Candy Enix
Clerk of Course	Tami Smith
Clerk of Course	Jean Solis
Stroke and Turn	Tony Szado
Stroke and Turn	Matt Bender
Stroke and Turn	Doug Anthony

Heating Area	Events 1-45	Events 46-90
	Janet Bender	Janet Bender
	Jill Gesquiere	Jill Gesquiere
Heating Area		
Heating Area		
Heating Area		
Heating Area		
Timer	Deb Holiday	Brent Wyman
Timer	Steve Selby	
Timer	Jackie Matz	
Timer	Jeff Matz	
Runner 25M/Coordinator	Laura Tapscott	Laura Tapscott
Runner		
Runner		
Runner		
Runner		
DQ Runner		
Scoring	Rick Birney	Rick Birney
Scoring	Jim Melton	Jim Melton
Scoring	Ruth Lane-Wierzba	xxxxxxxxxxxxxxxxxxxxxxxxxxxx
Concessions	Andrea Durrell	Amy Selby
Concessions	Margaret Power	Brenda Wyman
Concessions	Kate Miller	
Concessions		
Concessions		
Concessions		
Water Person	Susie Price	Susie Price
Restroom Attendant	Tricia Kellogg	Tricia Kellogg
Trash	Anne Reed	Clark TallBull
Trash	Dan Kellogg	Dan Kellogg
Trash		

## 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) – 50 Free, 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Matt Bush (17) – 50 Free, 100 Free, 200 Free, 100 Back, 100 Fly  
William Clawson (14) – 100 Free, 200 Free, 100 Back, 200 IM  
Andrew Cohen (18) – 200 Free  
Ben Collings (12) – 50 Free, 100 Free, 50 Breast, 100 IM  
Evan Dodge-Frank (13) – 100 Free  
Dennis Domashevich (8) – 25 Breast, 25 Fly, 100 IM  
Timothy Domashevich (10) – 50 Free, 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 Breast, 100 Fly, 200 IM  
Steven Holiday (16) – 200 Free, 100 Back, 100 Breast, 100 Fly, 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, 200 Free, 100 Back, 100 Fly, 200 IM  
Alexander Kohlman (13) – 50 Free, 100 Free, 200 Free, 100 Fly, 200 IM  
Zane Kuster (10) – 50 Free, 50 Breast  
Sandy Lane-Wierzba (12) – 50 Free, 100 Free, 50 Back, 50 Fly, 100 IM  
Chris Langlett (15) – 200 Free, 100 Breast, 100 Fly, 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) – 50 Free, 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Caroline Piehl (17) – 50 Free, 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, 25 Breast, 25 Fly, 100 IM  
Kelly Saindon (8) – 25 Free, 50 Free, 25 Back, 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) – 100 Free, 200 Free, 100 Breast, 200 IM  
Zach Solis (16) – 50 Free, 100 Free, 200 Free, 100 Back, 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) – 50 Free, 100 Free, 100 Fly  
Courtney Wedel (16) – 50 Free, 100 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Elizabeth Wiley (13) – 50 Free, 100 Free, 200 Free, 100 Back  
Mackenzie Wyman (17) – 50 Free, 100 Free, 200 Free, 100 Fly, 200 IM

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

# 2010 PINEY CREEK HEAT AWARDS PRESENTATION & DINNER



At Piney Creek Clubhouse & Pool

## When

- Sunday July 18<sup>th</sup> 2010
  - Dinner 6:00 - 7:00 PM
  - Awards 7:00 - 8:00 PM
  - Open Swim 8:00 – 10:00 PM



## Dinner catered by Jim 'N Nicks Bar-B-Q

- Chicken & Pork BBQ, Mac & Cheese, Salad, Biscuits, Dessert, Iced & Sweet Tea
- All inclusive (*food, taxes & gratuity*)
  - \$13.00 per adult ages 11 & older
  - \$7.00 per child ages 10 & under

**\*\*DINNER RESERVATION FORMS AND CHECKS MUST BE RECEIVED NO LATER THAN 4:00 PM THURSDAY JULY 15<sup>TH</sup>! WE ARE UNABLE TO ACCEPT MEAL REQUESTS THE DAY OF THE EVENT\*\***

*(Caterer requires at least 72 hours notice prior to event to ensure food order and preparation schedules)*

## Extra Seating & Refreshments

- We encourage you to bring extra seating for your family and beverages you may like beyond the tea provided by Jim 'N Nicks (*no glass containers please*)

## Next Steps

1. Complete the reservation form below
2. Return completed form with check payable to Piney Creek Swim Team (***NO cash***)
  - Place check and completed form in the "End of Season Party" file folder at the pool during practices or in the file folder on Hillary Robben's front porch 16770 E. Prentice Cir (*The Ridge*)
3. RSVPs due in file folders NO later than 4:00 PM Thursday July 15<sup>th</sup>

## Questions

Please contact Hillary Robben 303-693-5772(H), 720-312-2327(C) or email [hrobben@comcast.net](mailto:hrobben@comcast.net)

**Please Detach & Return Portion Below With Your Check Payable to Piney Creek Swim Team**

Piney Creek Heat End of Season Party  
Sunday July 18<sup>th</sup> 2010 6:00 – 10:00 PM

Family name: \_\_\_\_\_

Phone: \_\_\_\_\_

Number adults ages 11 & up (\$13.00 each): \_\_\_\_\_

Number children ages 10 & under (\$7.00 each): \_\_\_\_\_

Total enclosed: \_\_\_\_\_

Please return to "End of Season Party" file folder no later than 4:00 PM Thursday July 15<sup>th</sup>