

HEAT SHEET

ON THE BLOCKS

Practice Schedule through June 9:

8 & Under	4:00 – 4:45 pm
9 – 12	4:45 – 5:45 pm
13 – 18	5:45 – 7:00 pm

June 4 (Friday) – PIZZA PARTY

Bring your family, your lawn chairs, blankets, and join us at the pool for pizza and soft drinks. Order by noon, Thursday, June 3. Questions? Call or email Hillary Robben, 303-693-5772, hrobben@comcast.net

June 5 – Dual Meet vs. Highlands Ranch

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.

June 9 – Morning Practice Starts

13 -18	7:00 – 8:30 am
11 – 12	8:00 – 9:30 am
9 – 10	8:30 – 9:30 am
8 & Under	9:30 – 10:20 am

June 12 – Dual Meet at Sundance

Arrive at 7:00 am.
Concessions provided by Sundance.
Meet Starts @ 8:00 a.m.

June 14 – Competitive Stroke Classes Begin

10:20 – 10:50 am. Sign-up sheets available at on the Piney Creek website.
Return to coach Scott Cohen.

June 15 – Red Robin Spirit Night

5:00 – 10:00 p.m.
Corner Store Red Robin

June 23 – Team Pictures

Individual Pictures – Poolside @ 5:00 pm
Team Pictures @ 6:00 pm

June 23 – Practice Under the Stars

10 & Under 8:00 – 9:00 pm
11 & Older 9:00 – 10:00 pm
No morning practice or competitive strokes

COACHES' CORNER

Great to see everyone back in the pool and ready for another fun summer of swimming. Our first meet of the year will be at Piney Creek this Saturday, June 5, against Highlands Ranch. The coaching staff needs to put our first meet line-up together by Wednesday evening. Please be sure to indicate if you plan to swim on the check-in sheet at practice by the end of practice on Wednesday.

Swimmers, please make sure that you are on time to the swim meets and sign in right away. This lets the coaches know you're there. 11-18 year-old swimmers will always warm-up first.

Please help the coaches plan for the meets by making sure to mark "YES" or "NO" if you will be attending that week's meet by the start of practice on Wednesday. Please mark on the attendance sheet on either Monday or Tuesday of each week. If you are not able to attend practice before Wednesday, please email coach Scott Cohen at scohen3@cherrycreekschools.org to let him know if you will be swimming in the meet that weekend.

Please contact and see the specific age-group coach if you have questions or concerns. Coaching assignments are as follows:

6 & Under	Scott Cohen
7 – 8	Cassie Enix & Rachel Szado
9 – 10	Wyatt Weiss & Sammy Leonard
11 – 12	Lisa Allen & JJ Smith
13 – 18	Scott Cohen & Kyle Johnson

Again, the first dual meet of the season will be Saturday, June 5 @ Piney Creek. 11 – 18 year-old swimmers will warm-up first at 6:40 am. 10 & Under swimmers should be ready to warm-up at 7:00 a.m. Remember to always show good sportsmanship and shake hands with the swimmers in the lanes beside you. GO HEAT!

Pizza Party - Friday - June 4 After Practice

10 & Under Practice: 4:00 – 4:45

11 – 18 Practice: 4:45 – 5:45

Bring lawn chairs & blankets.
Join us by the pool for pizza and soft drinks.

Orders and payment (checks payable to Piney Creek Heat)
due by Thursday, June 3, at noon
Give to Hillary Robben

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



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!

Welcome Swim Team Families!

Piney Creek Swim Team CONCESSIONS

In order to defray costs, we are once again requiring each family to donate items to the Concession Stand. This is for home meets only. Please see the list below for the assigned items to bring to our home meet on **June 5th** against **Highlands Ranch**. Please deliver your items to the concession's "**Donation**" table by **6:50 a.m.** If you are unable to attend please send your assigned items with a friend/neighbor as the success of concessions depends on getting all the items regardless of your attendance at the meet.

PLEASE CROSS YOUR NAME OFF THE LIST UPON DELIVERY in order to help us keep track of all you do!!!! :-)

Many have expressed they would like for me to make up the schedule for the entire season. I am unable to do so because at the end of each meet we do inventory to determine what is needed for the next meet. I will try to expedite this and get out an email ASAP. Thank you for your support and patience. If you have any questions, please do not hesitate to contact me at 303-693-6108.

Thank you.
Shari Kuster

2010 – HIGHLANDS RANCH – JUNE 5TH

Last Name	Item
A	1 dozen cinnamon rolls – No Honey Buns, Please
Ba-B	2 dozen donuts
Bi-Bz	8 pack Gatorade (20 oz)
C	24 pack brand name diet soda
D-E	2 lbs strawberries washed & cut
F	2 lbs baby carrots-washed & 2 lbs broccoli-washed & cut
G	3 lbs washed grapes
H, I, J	1 dozen large muffins
K	! dozen Danish pastries – fresh
L	24 water bottles (16 oz)
M, N	24 pack brand name non-diet soda
O	1 dozen large muffins
P	2 lbs baby carrots-washed & 2 lbs broccoli-washed & cut
Q, R	1 dozen sliced bagels & 8 oz tub of cream cheese
S	24 water bottles (16 oz)
T	1 watermelon cut up in squares
U, V	1 dozen sliced bagels & 8 oz tub of cream cheese
W,X,Y,Z	8 pack Gatorade (20 oz)