

# HEAT SHEET

## ON THE BLOCKS

### Practice Schedule through June 9:

8 & Under	4:00 – 4:45 pm
9 – 10	4:45 – 5:45 pm
11 – 18	5:45 – 7:00 pm

### June 5 (Friday) – PIZZA PARTY

Bring your family, your lawn chairs, blankets, and join us at the pool for pizza and soft drinks. Friday, June 5, 5:00 – 6:30 pm. Order by noon, Thursday, June 4. Questions? Call or email Hillary Robben, 303-693-5772, [hrobben@comcast.net](mailto:hrobben@comcast.net) or Julia Lyons, 303-548-0178, [djc3lyons55@comcast.net](mailto:djc3lyons55@comcast.net).

### June 6 – Dual Meet at Holly Park.

Arrive at 7:00 am. Concessions provided by Holly Park. Directions on page 2.

### June 10 – Morning Practice Starts

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

### June 13 – Dual Meet at Sundance

Arrive at 7:00 am. Concessions provided by Sundance.

### June 15 – 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 17 – Team Pictures

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

### June 17 – Practice Under the Stars

10 & Under	8:00 – 9:00 pm
11 & Older	9:00 – 10:00 pm

No morning practice or competitive strokes

### June 20 – Home Meet vs. Highlands Ranch

Arrive at 6:40 am. Piney Creek provides concessions.

## COACHES' CORNER

Great job at the Fun Meet/Time Trials and thank you to all the parents and volunteers for setting up and running the meet. The meet gave the coaches an opportunity to see swimmers race in all four strokes and will make it much easier for the coaching staff to put our first meet line-up together this week.

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 end of practice on Tuesday. 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](mailto:scohen3@cherrycreekschools.org) to let him know if you will be swimming in the meet that weekend.

One change this season is that coaches have been assigned specific age-groups to work with during the meets and practices. Please contact and see the specific age-group coach if you have questions or concerns. Coaching assignments are as follows:

8 & Under	Cassie Enix & Wyatt Weiss
9 – 10	Jenny Utterback & Sammy Leonard
11 – 12	Crystal Shipps & JJ Smith
13 – 18	Scott Cohen & Lisa Allen

The first dual meet of the season will be Saturday, June 6 @ Holly Park. All swimmers should be at Holly Park pool at 7:00 am to warm-up. Remember to always show good sportsmanship and shake hands with the swimmers in the lanes beside you. GO HEAT!

## Pizza Party Friday – June 5 5:00 – 6:30 p.m.

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 4, at noon

Give to Hillary Robben or Julia Lyons

## MEET SURVIVAL

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### 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?

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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](http://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](mailto:scohen3@cherrycreekschools.org). He, or one of the other coaches, will get back to you.

## DIRECTIONS TO HOLLY PARK

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6651 South Krameria Way – Centennial – 80111

From Piney Creek Pool

Orchard Road onto South Parker Road      0.3 mi

Parker Road to Arapahoe Road.              1.2 mi

Arapahoe Road West                              4.2 mi - under I-25 and past Quebec

Right onto South Krameria Way              1.7 mi – If you get to Holly you have gone too far.

Estimated Time: 15 minutes

Estimated Distance: 7.56 miles from the Piney Creek Pool