

HEAT SHEET

ON THE BLOCKS

June 10 – Morning Practice Starts

11 -18	7:00 – 8:30 a.m.
9 – 10	8:30 – 9:30 a.m.
8 & Under	9:30 – 10:20 a.m.

June 13 – Dual Meet at Sundance

Arrive at 7:00 a.m. Concessions provided by Sundance.

June 15 – Competitive Stroke Classes Begin

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

June 17 – Team Pictures

Individual Pictures – Poolside @ 5:00 p.m.
Team Pictures @ 6:00 p.m.

June 17 – Practice Under the Stars

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

June 20 – Home Meet vs. Highlands Ranch

Arrive at 6:40 a.m. Piney Creek provides concessions.

June 27 – Home Meet vs. Hills West

Arrive at 6:40 a.m. Piney Creek provides concessions.

COACHES' CORNER

Congratulations on a great first meet of the season against Holly Park. We saw some great improvement and good sportsmanship throughout the meet. Keep it up!

Thank you swimmers for signing in as soon as you arrived at the pool. It allowed the coaches to make adjustments right away. Please continue to sign-in as soon as you arrive at meets.

Please continue to help the coaches plan for the meets by making sure to sign-in as a “YES” or “NO” for the meet by the end of practice on Tuesday. Mark on the attendance sheet on either Monday or Tuesday of each week. If you are not able to attend practice before Tuesday, please send an email to coach Scott Cohen at scohen3@cherrycreekschools.org by Tuesday evening.

Morning practice begins on Wednesday, June 10. There will be no evening practice after Tuesday (except for our Practice Under the Stars). We hope this means good-bye to the lightning!

Competitive Strokes will begin Monday, June 15, from 10:20 – 10:50 am. Coaches will work on stroke technique, turns, and starts. Sign-up forms are available on the website. Please complete and turn into coach Scott Cohen’s file by Friday for the first session. Private or semi-private lessons are also available with the coaches. See any of the coaches after practice for more information or fill out a form and leave it in Scott’s file.

This Saturday’s meet will be at Sundance. All swimmers should be at the Sundance pool at 7:00 am to warm-up. Remember to always show good sportsmanship and shake hands with the swimmers in the lanes next to you. GO HEAT!

Wednesday, June 17

Individual Pictures - 5:00 p.m.

Team Pictures - 6:00 p.m.

Practice Under the Stars

8:00 - 9:00 p.m. - 8&under & 9 - 10

9:00 - 10:00 p.m. - 11 - 18

No Morning Practice / No Competitive Strokes

THANK YOU...

...Hillary Robben and Julia Lyons
for organizing the pizza party.

...volunteers for all of your help at
the Holly Park Meet.

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

DIRECTIONS TO SUNDANCE

Sundance Hills Swim & Tennis Club – 303-770-9346
5626 S. Galena Street
Englewood, CO 80111

From Piney Creek Pool
Orchard Road onto South Parker Road
Parker Road to Arapahoe Road – West
Arapahoe Road West to Dayton Street
Right onto Dayton Street to Powers – Past Orchard Road
Right on Powers to Galena Street

Estimated Distance – 6.8 miles

Estimated Time – 12 minutes

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!



Below are the volunteer assignments for the meet this Saturday at Sundance. If you are volunteering, please make sure and check in with me when you get to the pool. If you can't cover your shift, please make sure and let me know.

I still have several volunteer spots open. If you can help out, please go to www.pineycreekheat.org – volunteer sign up – and enter your information. Thanks.

Meet Date: June 13, 2009

Meet Location: SUNDANCE **Need 8 volunteers!!!**

Volunteer Job	1st Half		2nd Half
Heating Area	Cherry Munns		
Heating Area	Connie Heath		
Heating Area	Kristen Brooks		
Timer	Mark Barnes		Jim Clawson
Timer	Trudy Domaleski		Clark Tallbull
Timer	Kate/John Miller		Jayne Arithson
Timer	Chris Wilt		Terry/Lisa Spears
Timer	David Hogan		May/Renato Castaneda
Timer	Chapla Agarwal		Dave Smith
Timer	Johanne Washington		Brian Strand
Timer	David Washington		Mark Eakins
Timer	Steve Cohen		Koji Takeyama
Timer			
Timer			
Timer	JP Moholt		JP Moholt
Stroke and Turn	Ted Collings		Karen Alexander
Stroke and Turn	Kelly Chang		Matt LeBlanc
DQ Coordinator	Donna Bajek		Tricia Kellogg
Scoring	Amanda Sullivan		Ruth Lane-Wierzba
Scoring	Kim Dyer		
Concessions	Cecilia Miller		Juli Reiakvam

ALL STAR QUALIFIERS

Eric Alexander (14)	100 Free, 100 Back
Lisa Allen (18)	100 Breast
Katie Anthony (10)	50 Free
Lane Barnes (13)	100 Back
Brandon Bender (8)	25 Free, 25 Fly
Brittany Bender (12)	50 Free, 50 Breast
Nicholas Birney (12)	50 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
Dennis Domashevich (7)	25 Free, 25 Back, 25 Breast, 25 Fly, 100 IM
Timothy Domashevich (9)	50 Free, 50 Fly, 100 IM
Alec Douglas (14)	50 Free, 100 Free, 200 Free, 100 Fly
Audra Eakins (13)	100 Fly, 200 IM
Ryan Eakins (16)	50 Free, 100 Free, 100 Back
Evan Enix (17)	50 Free
Elysia Erickson (14)	50 Free, 100 Back, 200 IM
Steven Holiday (15)	50 Free, 100 Breast, 100 Fly, 200 IM
Kelse Johnson (15)	50 Free
Preston Lane-Wierzba (17)	50 Free
Sandy Lane-Wierzba (11)	50 Free, 100 Free
Sammy Leonard (18)	100 Back
Alyse Miller (13)	50 Free, 200 Free, 100 Back, 100 Fly
Nathan Miller (14)	50 Free, 200 Free, 100 Breast, 200 IM
Alex Moulton (12)	50 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
Chad Moulton (15)	50 Free, 200 Free, 100 Breast, 100 Fly, 200 IM
Ryan Moulton (18)	50 Free, 100 Free, 200 Free
Austin Phillips (13)	50 Free, 100 Back, 100 Breast, 200 IM
Marisa Phillips (14)	100 Back
Caroline Piehl (16)	100 Free, 200 Free, 100 Breast
Meghan Plachy (15)	200 Free, 100 Breast, 200 IM
Matthew Sau (10)	50 Free, 50 Back, 50 Fly, 100 IM
Michael Sau (8)	25 Free, 25 Fly
JJ Smith (18)	50 Free
Max Smith (9)	50 Free
Kayla Solis (13)	200 Free, 100 Breast
Zac Solis (15)	50 Free, 200 Free, 100 Breast, 200 IM
Rachel Szado (15)	50 Free, 100 Back, 100 Fly, 200 IM
Madison Tapscott (14)	50 Free, 100 Free
Alex Todd (16)	50 Free, 100 Fly, 200 IM
Reagan Todd (13)	50 Free, 200 Free
Courtney Wedel (15)	50 Free, 100 Free, 100 Fly
Wyatt Weiss (18)	50 Free, 100 Fly
Elizabeth Wiley (12)	100 Free, 50 Back, 100 IM
Mackenzie Wyman (16)	50 Free, 100 Free, 200 Free