



MEET ELIGIBILITY FORMS

are due this week. If you need to miss a meet after you have turned in your sheet, you MUST let the coaches know **IN WRITING** by the Friday before the meet.

No Practice Friday, June 19th

Theme Weeks

6/15 Western

6/22 Disney

6/29 July 4th

7/6 50's

7/13 Hawaiian

Let's have fun with this — come to the meets all dressed up!

Meet Basics 101

What a great start this has been! Hasn't the sunshine been wonderful? We are in the midst of time trials and in just over a week will be getting ready for our first 'B' meet. So let's review **meet information...**

'B' meets are for *all swimmers* who have not achieved 'A' times. Every swimmer *who is able to swim the length of the pool* will be included.

Remember, the coaches will not put you in events where you will be disqualified so in the first few meets, you may only swim 1 or 2 events. The maximum number of events is 4, and each swimmer will have 3 events, if at all possible.

'A' meets are for the *fastest swimmers* in each age group. All swimmers with 'A' times will

swim. Which other swimmers compete depends on their individual times and relay make-up. So check the board every week to see when you are swimming. Don't assume anything! If the 'A' meet is at home, we will try to include more swimmers, but not everyone is eligible.

PLEASE look at "Practice & Meet Guidelines" on the Royals webpage <http://www.royals.kingsgate1.org/royals.htm> for more information.

Line-up sheets will be posted Monday/Tuesday of each week. There is also a guide to reading the heat sheet posted on the board. 'A' times are also there. Please ask a coach or "veteran" parent if you have questions.

PLEASE be on time for all meets — allow for TRAFFIC

Stroke and Turn Clinics

Our coaches are offering individual stroke & turn lessons throughout the season. This is an excellent way for your swimmer to improve stroke technique as there is not time for a lot of individual attention during practice. It is also an excellent way to improve starts & turns.

Clinic Dates & Times

Saturdays: 6/13, 6/27 & 7/11

Sundays: 6/14, 6/21 & 6/28

30 minute sessions from 8:00am-10:00am

Maximum of 2 swimmers per session. First come, first served. Sign up sheet in lobby.

Summer Practice

Group 1: 6:45-7:40

Group 2: 7:40-8:35

Group 3: 8:35-9:20

Group 4: 9:20-10:00

- Practice groups are based on ability level
- List will be posted the end of the week

Be sure to bring suit, goggles, cap, towel, sweatshirt, water and a great attitude to each practice and to meets

Whether or not we will add "Tiny Turtles" events at home meets has yet to be determined.

Wild Waves is July 3rd —mark your calendar



Watch this space for "Swimmers of the Week"