



Royals News 2009

Camp Out in the park on Friday. Sign up TODAY



PLEASE be on time for all meets—allow LOTS of time for TRAFFIC

Volunteer Duties are posted on the website—just go to the calendar and follow the link...
www.royals.kingsgate1.org/

Directions to other pools are on the Royals website. Just go to the calendar and click on the link

Meet Basics 103

On Mondays, PLEASE check the line-up sheets. If you are scheduled and will not be there — or if your friend is scheduled and you know he/she is out of town, let the coach know.

At the meets, check the board for final line-ups. If the events on your white sheet do NOT match the board, check with the coach.

Be sure to check in with the team parent 2 events before the one you are swimming in.

Relay teams need to get together **BEFORE** your race.

Parents, please stay **behind the timers**. You can give your swimmer towels & high fives after they finish & get their times.

Starting Tuesday, lollies will be given **ONLY** if swimmers beat their times — no time, no lolly. So help your swimmer remember to check with the timer right after the race.

Stay in the water until ALL swimmers finish.

Congratulate the other swimmers in your heat.

Swim fast, have fun, go ROYALS



DISNEY theme this week

Let's see those ears!



Tiny Turtles will be swimming Tuesday this week. Entries will be posted Tuesday morning

If you need to miss a meet you MUST notify the coaches in writing by **FRIDAY BEFORE THE MEET!**

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

List is posted on the lobby board and will be e-mailed today

All ribbons are put in boxes at home meets

Meets this week against Somerset
'B' Meet Tuesday at home—warm up at 4:45
'A' meet Thursday at Somerset—warm up at 5:15

Swimmers of the Week

8 & U	Clara Pfundt	Brady Anderson
9 & 10	Dean Sise	Brooke Figueroa
11 & 12	Caitlin Brown	Alex Wyruchowski
13 & 14	Fred Mortimore	Kimberly Maxwell
15 & O	Kylie Battaglia	Alex Lazear