



Royals News 2009

**'A' lunch with
the coaches
Friday, July 17th**

**Age group
pictures @ 5:30
Thursday before
the 'A' meet.
Be there even if
you are not
swimming!**

Please sign up
for 'B' Champs
volunteer slots.
We need LOTS
of help to pull
this off with
"Royal" style!

**Awards potluck
FRIDAY JULY
24th at the
park**

* last week Kim Maxwell
was listed as a 13 & 14
swimmer of the week –
she is in the 11&12 age
group.

Meet Basics 105

You are doing a great
job showing good
sportsmanship by
staying in the water and
congratulating your
fellow swimmers. Keep
up the good work!

Keep striving for better
times – let's finish the
season **STRONG**. If you
practice hard, you will
see your times get
faster.

The coaches would like
to see every swimmer
eligible for the 'A'
meets. We already have
over 50 swimmers on
the list for 'A' lunch
with the coaches!

If you are NOT going
to be at 'B' Champs or
at 'A' Champs, you
MUST let the coaches
know **THIS WEEK!** We
start doing line-ups this
week because we have
to coordinate between
the 2 meets. Put a slip
in the coaches box or
send an e-mail.

Jerrie will be recruiting
'A' Champs volunteers
next week. Remember
that this year we are
having timed finals only
on Monday, Tuesday and
Wednesday.

Details on Championship
meets next week.

50's theme this week

**Let's see
those poodle
skirts and
rolled up
t-shirts**



Tiny Turtles will be
swimming on
Thursday this week.
Entries will be
posted by Tuesday

**a HUGE thank you
to all of you
volunteers – our
meets have been
amazing because of
your efforts!**

**Found: Youth large
royals t-shirt. See
Coach Jerrie**

Swimmers of the Week

8 & 9	Nick Grotle	Madelyn Uvin
9 & 10	Luke vanderBaan	Krystal Kosche
11 & 12	Kamden Chew	Nina Roberts
13 & 14	George Oros	Brittany Geis
15 & O	Ryan McGee	Holly Naish

Stroke and Turn Clinics

Championship meets are
coming soon! This is a good
time to sign your swimmer up
for the final stroke & turn
clinic.

Saturday 7/11
30 minute sessions

John Pabst has pictures of Royals swimmers at <http://gallery.me.com/johnpabstjr/100110>. They can be
downloaded and printed. Pretty awesome.