



Royals News 2009

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

Invitations will be in your box this week — sign up sheet will be on the lobby board

**'A' meet Tuesday
at Maple Hills**

**'B' meet
Thursday at home...senior swimmers fun relays & parent's relays that night**

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

Found: A youth large royals t-shirt. See Coach Jerrie

Meet Basics 105

We have 2 more regular meets this week. Then it is on to Championships!

'B' Champs is Saturday at our pool. If you want to come early and warm up, you may—but it is not required.

Please plan on staying at the pool during the meet —if you aren't swimming cheer for your fellow teammates! Pay close attention to the event announcements so you DO NOT MISS your events! You will need to check in with the team parent and the clerk of the course. Relays must check in together.

'A' Champs timed finals are next week. Monday:

Seniors (13 and over)
Tuesday: Jr. Girls and
Wednesday: Jr. Boys.
Practice times will be announced the end of the week.

Each swimmer can swim in a total of 3 events between 'B' and 'A' Champs. The only exception is if your only event at 'A' Champs is a relay — then you can have 4 events total.

The coaches will enter you where they feel you have the best chance of winning medals/ribbons. Please respect their decisions.

Details on Championship meets will be put in your boxes or posted this

Hawaiian theme this week



Leis and Hawaiian shirts

Tiny Turtles will be swimming in the regular 'B' meet on Thursday. Way to go!

Stroke and Turn Clinic

Championship meets are here! Last chance to sign your swimmer up for a stroke & turn clinic is Saturday 7/11

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

Swimmers of the Week

8 & U	Sage Newman	Andrew Dahlman-Oeth
9 & 10	Wesley Crowe	Violet Cunningham
11 & 12	Anneliesa Stubb	Christopher Potter
13 & 14	Shannae Pello	Trevor Brown
15 & O	Taylor Twiford	Jordan Berry

**Awards Potluck
Friday July 24th,
6:00 at the park
Pool party & video
to follow**

Congratulations to Fred Mortimore: the NEW Flapjack Friday Champion!