

MAY 1, 2023

## Swim-a-Thon

Swim-a-thon was a huge success!
We were so happy to see so may families come out and participate!
There was some heavy lap competition going on! If you forgot to turn in your swimmer's lap sheet, please make sure to put it in the Events folder as soon as possible. If you have cash or checks to turn in, you may also place those in the Events folder, or deliver them to Heather if you see her at the pool.

Also, we know many of you are patiently waiting for our donation matching system to be up and running, and it will be announced soon! We are so excited that many of you work for such generous corporations.

### **BVAL Swimmers**

We'd like to congratulate all of our high school swimmers who participated in BVALs this weekend. We hope to hear that some of you will be continuing on to CCS!

## What's New

Swim-a-thon Swimmers of the Week BVAL

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# Swimmers of the Week

Let's give a BIG shout out to our swimmers of the week!

#### **LAST WEEK:**

Abby Lerma Sydney K
Narain K Yohaan N
Nikolette L Holly Z
Haley Y Snehal S
Allie Y Viraj T
Ishaan P Amelia D
Nicholas Vu



## Reminders

- We did such an amazing job cleaning up on Saturday! Let's keep our facility looking good by picking up after ourselves and telling our swimmers to do the same. The pool will open publicly this weekend, so we need to do our part to keep it tidy.
- Remember our Cuda swimmer and parent code of conduct. Part of being respectful is respecting our space.
- Sand. The sand must stay in the sandpit. If you see children moving sand to the grass area, please tell them to stop and to but it back.
- Swimmers should not be in the sand before practice. On meet days, there will be no one allowed in the sand at all.

## **Team Spirit Captains**

We're still looking for 2-3 Spirit Captains for the season. Must be at least 15 and have been on the team at least one year. Captains are responsible for planning rally activities, leading meet cheers, and helping with the Swimer Social. APPLY HERE.

## **Next Event**

Out next event is Time Trials, May 20th and Picture Day. Time Trials is a meet where we compete against ourselves. Each swimmer will swim each event they are eligible for. The purpose is to get times for each swimmer for our next meet, plan our relays, and to see where swimmers may DQ and what they need to work on.

Each Cuda will receive a team shirt (more info on this soon) at the picture day event. Shirts will be worn for the team photo, but are optional for your individual or buddy pictures.