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Info@StormAquatics.net

Storm Aquatics Swim Team

Lake Stevens, WA



Parent & Swimmer Newsletter

Tri-Cities Invitational @ Pasco May 29,30 & 31

If you are attending the Tri-Cities meet you will be excited to know that Storm has hired a catering company to provide our Saturday evening meal (no extra charge). All Food (BBQ'd hamburgers, chicken & hotdogs plus salads, etc.) will be provided so all Storm parents can enjoy the fun and relax after a full day at the pool. Please **BRING** your own **beverages** and a **dessert** to share!

If you have any questions—contact Bobby Hyland either at the pool or via e-mail info@StormAquatics.net.

Don't forget...your swimmer **NEEDS** reflective goggles for this and all outdoor summer meets!



SATURDAY NIGHT TEAM
BBQ @ MEMORIAL PARK

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May Banquet/Board Meeting Highlights

Thank you for your attendance at our Spring Banquet. It was very well attended; and, the food was plentiful and so very delicious.

If you missed the meeting here are a few highlights:

We welcome our incoming **Board Members** and thank them for their dedication!

Debbie Speirs, President
Mari Lozenski, Vice President
Shelby Davis, Secretary
Becky Mosca, Treasurer
Head Coach, David Tourigny

Storm needs a **SHADOW** for each position in order to have a "succession plan" in place for our 4 officers. If you are interested please talk with the specific officer!

A new upcoming **Fundraiser** is in the works for those families needing to complete their fundraising obligation.... CAR WASH Tickets will soon be ready for sale. Ticket costs will be \$8.00 for normally priced \$10.00 car washes! A great deal for everyone and the car wash locations are abundant. Ticket sales dates are from Monday, May 18th to July 10th.

Swim-a-thon prizes \$5.00
Cold Stone Gift Cards were received by each team member and awarded for:
#1. Team raising the most \$
#2. Team swimming the most laps/miles. Thank you to Cold Stone for the Gift Cards!

Photo Collages were handed out by the Coaches to each swimmer; each having the swimmer's best times. We hope to make this (or something similar) an annual presentation to our swimmers.

Thank you Jeanne Petershagen for creating these and thank you to all of the parents for sending in swimmer's photos!

New STORM CAPS for SALE! \$8 for Silicone; \$5 for Laytex—to purchase Contact Debbie Speirs (thanks Debbie for procuring a great deal for these new caps) at the pool or via nfo@StormAquatics.net.

MARK YOUR CALENDAR Information will be Stormin' soon.

6/11
Parent/Board Meeting
6:15 Room 415 @ LSHS

6/18
SUMMER LEAGUE starts & regular
Practice Schedules change

8/___ (to be determined)
Birch Bay Waterslides (just a fun day
for Storm families)

8/15 (tentative)
Storm Wedding Reception
David & Brittany @ Libra's Home
(organized by Anna Slater)



MAY & JUNE MEETS

May 29—31 / Yes or No

Tri-Cities Invitational at Pasco

Level: All Swimmers

Entries Due: Closed

June 27/28 / Yes or No

Titlow Classic at Tacoma/Long

Level: Silver Standard

Entries due: Closed

Parent Reminder

Is your swimmer(s) attending some or all of these meets? Place a in the Yes or No box to remind yourself to mark your Calendar and complete entry forms.

Summer Practice Schedule

| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Max Times/Week |
|---------------|--|--------------------------|--|--------------------------|--|----------------|
| Summer League | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 4 |
| Developmental | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 4 |
| White | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 9:00 – 10am | 9:00 – 10am 3:00 – 4pm | 5 |
| Red | 7:30 – 9am Dry Land 9-10am | 7:30 – 9am 3:30 – 5pm | 7:30 – 9am Dry Land 9-10am | 7:30 – 9am 3:30 – 5pm | 7:30 – 9am Dry Land 9-10am | 5 |
| Blue | 7:30 – 9am Dry Land 9-10am LAKE 5-6:30pm | 7:30 – 9am 3:30 – 5pm | 7:30 – 9am Dry Land 9-10am LAKE 5-6:30pm | 7:30 – 9am 3:30 – 5pm | 7:30 – 9am Dry Land 9-10am LAKE 5-6:30pm | 8+Sat |
| Senior Cond. | 7am – 9am Dry Land 9-10am | 7am – 9am 3:00 – 5pm | 7am – 9am Dry Land 9-10am | 7am – 9am 3:00 – 5pm | 7am – 9am Dry Land 9-10am | 5+Sat |
| Senior | 7am – 9am Dry Land 9-10am LAKE 5-6:30pm | 7am – 9am 3:00 – 5pm | 7am – 9am Dry Land 9-10am LAKE 5-6:30pm | 7am – 9am 3:00 – 5pm | 7am – 9am Dry Land 9-10am LAKE 5-6:30pm | 10+Sat |

Schedule may change due to number of participants. Hours may be reduced for taper for Senior and Blue groups, when appropriate. Individuals may work out a different schedule with the Coach, if there are conflicts. Saturday practice from 8-10am will be available for Senior, Senior Conditioning, and Blue groups, upon Coaches discretion. There will be no practice July 4th.

JULY & AUGUST MEETS

July 3 / Yes or No

Summer League Dual Meet #1 @ Marysville

Level: No PNS times

Time: 4:15—7:30 pm

Entries Due: 6/26

July 10—12 / Yes or No

Age Group Seattle Open/Long

Coleman Pool/Seattle/Long

Level: Gold Standard

Entries Due: Closed

July 17 / Yes or No

Summer league Dual Meet #2 @ Marysville 4:15—7:30 pm

Level: No PNS Times

Entries Due: 7/10

July 18-19 / Yes or No

Summer Grand Challenge @ Federal Way

Level: No PNS Times

Entries Due: 6/12

July 23-26 / Yes or No

PNS Long Course Championships @ Federal Way

Level: PNS Times Only

Entries Due: 7/3

August 1 / Yes or No

Summer League Champs @ Marysville

Level: No PNS Times

Entries Due: 7/17

Storm Birthdays

MAY

21st Addison Buchholz 14

22nd Darien Corcoran-Clark 12

JUNE

9th Parker Reid 11

13th Frances Schuppenhauer 15

18th Jacob Rudolph 12

30th Jazmine Goodrich 12

JULY

4th Angela Mosca 11

4th Athens Slater 14

7th Chloe Davis 8

12th Alec Yeutter 15

13th Julia Harnish 10

27th Kelly Conrad 20

AUGUST

12th David Tourigny 30

21st Scott Jerde 18

24th Megan Petershagen 9

Great information to know.....

SUMMER COACHING STAFF

David Tourigny
(more information soon)

Josh will return in the Fall!

Please tell everyone you know that we have openings for SUMMER LEAGUE! It is a great way to introduce new swimmers! Storm currently has 40 Storm Swimmers; our goal is to have 50+ by Fall 2009.

STORMIN' ON UP!!

Developmental to White

Riley Gordon
Jacob Sasse'

White to Red

Jazmine Goodrich
Natalie Prescott
Sunielove McBride
McKenna Willey

We are proud of your determination and hard work; way to go!

Nutrition

You will be burning lots of energy during practices. Eat Whole Grains (rice, cereal, pasta) Fruits (apples bananas) and low-fat Dairy products (cheese, milk, yogurt). Bring snacks with you to eat before and after practice (especially long practices). Portable snacks include granola or energy bars, trail mix, juice boxes, fruit & pretzels.

IMPORTANT

Drink lots of low-sugar FLUIDS (G-2) & WATER