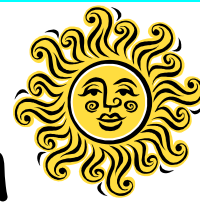




Splash Flash



Mid-September, 2006

SEPTEMBER & OCTOBER EVENTS

September 22nd – South Suburban Fall Lessons begin. 7-8 p.m. at Sheridan Rec Center

September 20th – September Board of Directors Meeting at Sheridan during practice (6-8 p.m.)

September 21st – Thursday practices begin for 13 & up age group swimmers at Sheridan 5:30-7:30 p.m.

October 7th – Girl Scouts In Sync Event. 8:30 – 12 noon & 12:30-4:00 p.m.

October 14th - Pancake Breakfast, 9-11 a.m. at Sheridan. All families must send at least one parent for the mandatory meeting.

October 18th - Board Meeting, 6:00-8:00 p.m. at Sheridan

October 21st - Butter Braid sales begin!

SEPTEMBER & OCTOBER BIRTHDAYS

| | |
|------------------------|-------|
| Siobhan Basdeo | 09/06 |
| Teagan Darst | 10/09 |
| Taylor Daniels | 10/12 |
| Mackenzie Brinckerhoff | 10/22 |

PRACTICE SCHEDULE CHANGE

All 13 & up age group swimmers begin Thursday practices, tomorrow - September 21st. These practices are held at Sheridan Rec from 5:30-7:30 p.m. through the month of September.

MISSING PRACTICE?

Synchronized swimming is a team sport & requires a lot of practice in order to succeed. Therefore the coaches have put together a few expectations for the swimmers.

*Please be on time. This means that you should arrive about 10 minutes early, not when practice is scheduled to begin.

*Swimmers are expected to respect whatever coach is working with them at any given practice.

*If you are unable to attend practice the appropriate coach must be notified in advance. (Below are coaches' phone numbers) Email is fine also!

Shari 303-693-4330 (home)

303-619-1011 (cell)

Melanie 303-782-3640 (home)

303-907-8768 (cell)

Andrea 303-504-4011 (home)

303-909-2245 (cell)

Debi 303-722-2830 (home)

Katy (303) 730-3753 (home)

303-594-9223 (cell)

WE'RE STARVING...

Have you ever noticed that your children are starving when they leave the pool after practice? Instead of stopping at McDonald's or Dairy Queen try any of these for quick snack: trail mix, crackers & peanut butter, veggies & ranch dip, applesauce, pudding, baked potatoes (especially good in cold weather), pretzels, crackers & cheese, cereal, or how about soups kept warm in a thermos.

PANCAKE BREAKFAST REMINDER

We will be having our annual pancake breakfast Saturday, October 14th. At this breakfast we will be doing the U.S. Synchronized Swimming (USSS) registration. **We will need a parent from each family to attend so that papers can be signed!** There is also a **mandatory** parents meeting, so be sure to mark your calendar! Please be sure to bring a copy of your medical insurance card for our records. No swimmer can travel with *Splash* unless the medical form is completed & a copy of the insurance card is attached. For all new families we will be conducting an orientation meeting. We will also be taking orders for sweats, bags & parkas that morning.

PLEASE RETURN ANY ROUTINE SUITS!

Please search your drawers & closets for any team suits that you may have. Please return all suits to Shari as soon as possible – thank you!

TEAM APPAREL INFO

Search your closets! Make sure your swimmer tries on sweats, parkas and other Splash team apparel and bring outgrown items to the Pancake Breakfast Recycle Table. Families are encouraged to buy/sell/trade team apparel on Saturday, October 14th at Sheridan Pool.

And if you can't find the size you need used, orders for new Team Apparel will be taken, as well. In fact, all apparel ordered or purchased at the Pancake Breakfast can be paid for in monthly increments, along with team dues. This allows you to pay for gear with your King Soopers credit! Don't forget that we now have an account with Lands End – anything you purchase from them can have our logo added to it!

Finally, ALL team parka orders MUST be placed on October 14th for delivery by the holidays. Plan now! And come prepared to stock up – new Splash logo items will be on sale at the annual Splash Pancake Breakfast!

FALL IN SYNC

This year we will be hosting three Splash Try-It days for new & potential Splash swimmers.

Monday, 9/18 6:00 – 7:30 p.m.

Wed, 9/20 5:30 – 7:00 p.m.

Monday, 9/25 6:00 – 7:30 p.m.

Please let all of your friends know about these dates, have them come & “try it” – let's see who can bring the most new recruits to these practices! Remember – you get a prize if they join!

GIRL SCOUTS

IN SYNC SATURDAY

On Saturday, October 7th Splash will be hosting our second annual Girl Scouts in Sync Saturday. This is a chance for Girl Scouts throughout the Denver Metro area to try our sport & see what a great team we have!

We currently have planned to run two sessions – 9:00 am – 12 noon (check-in at 8:30 am) and 1:00 pm – 4:00 pm (check-in at 12:30 pm). Girls on our team will be needed as volunteers – please mark your calendars!

If you know of any Girl Scout troops, or individual Girl Scouts that may be interested, please pass the word on to them. Melissa Sphatt has flyers available if you need them.

SUMMERSET FESTIVAL THANK YOU!!!

So many people to thank. First to Melissa Sphatt for getting the generator, organizing & working throughout the festival. Thank you to the swimmers and the parents who helped man the booth:

Leslie, Karen, Cassie, Kelsey W (thank you for working extra long hours)! Terri Littleford thanks for helping out at the last minute to fill in, Lauren and Erika, Melanie and Whitney, Lisa, Mary W, Katy, Sydney, Lizzy, Gary, Kelsey & Kendra Moretti, Jacob, Hannah and Melissa Sphatt!

Everyone did such a great job with promoting our sport and our team, you are greatly appreciated!

SOUTH SUBURBAN LESSON PROGRAM

South Suburban's lesson program will begin on September 22nd. This session runs 4 weeks, meeting on Friday nights from 7-8 p.m. at Sheridan Pool. Registration takes place through South Suburban. If you know anyone interested in lessons, please let them know.

FROM KELLY

Dear Splash,
I want to say thank you to everyone on Splash for making my time on the team so memorable and enjoyable. I will always have a fond memory of the fun times I had with the team and the great friendships I made. Thank you for all of the beautiful gifts I received at the end of the year banquet. I sleep with my teddy bear every night! And I treasure the beautiful clock you gave me!
I'll be seeing you around!
Good Bye For Now,
Kelly McPhillips

BUTTER BRAIDS

Thanks to Lisa Bryant the date for Butter Braid sales has already been set! Please look for your order form to be coming home on October 21st. The orders will be due on November 11th & will be delivered to the pool on November 18th.