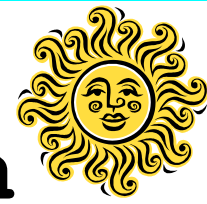




Splash Flash



Mid-November, 2009

NOVEMBER & DECEMBER EVENTS

November 26th - Thanksgiving – No Practice!

December 5th – Rocky Mtn Association Winter Figure Meet at Hinkley, information is attached.

December 6th – Splash Holiday Party

December 9th - Splash Board Meeting. All families invited. 5:30-8 pm at Hinkley (note date change)

NOVEMBER & DECEMBER BIRTHDAYS

Kyley Rutherford – 11/03

Victoria Burdon - 11/18

Coach Shari - 11/25

Claire Vrooman – 12/05

Kelsey Welter – 12/14

Lila Salley – 12/21

Alicia Meyer – 12/22

HAPPY THANKSGIVING!

I am thankful for the wonderful parents on our team that give so much of themselves to our team & to their daughters.

I am thankful for the wonderful young athletes that we have on our team that are so dedicated to our team, to our sport & to each other.

I am thankful for the incredible coaching staff that we have. They give of themselves so that our swimmers can be the best they can be – not only in synchronized swimming, but also in life. From the bottom of my heart – thank you! You are all truly the best!
Happy Thanksgiving! - Shari

YES, PRACTICES

Practice on Wednesday, 11/25 has been moved to 10-12 for the silver & teal teams & 10-2 for the gold team! Gold team – please bring snacks!

Regular practice will be held on Saturday, 11/28.

DON'T MISS OUR HOLIDAY PARTY!

Mark your calendars now for Splash's annual Holiday Party - Sunday, December 6th at 6:00 p.m.

You should have already received your invitation, please call Jolene Roberts if you have any questions.

EXTRA HOLIDAY PRACTICES

The Teal & Gold teams will be holding extra practices on December 21st & 22nd and December 28th & 29th, 9 am - 2 pm. Please save the dates now!

Silver team will have regular practice on 12/21 & 12/28 from 5:30 - 7:30 p.m.

BIG SISTERS/LITTLE SISTERS UPDATE

For the Winter Figure meet we would like for all of the swimmers to give each other **good luck cards**. These cards can be bought or handmade – we encourage creativity! Thank you for your support!

NEWSLETTER NEWS

Twice a month the *Splash Flash* is put in the swimmer's mailbox & is also sent out via email. Please take the time to read this very important newsletter. This is our way of communicating team information to every family.

If you have something you would like to be printed in the newsletter, please email it to Shari. (I do attempt to send out the newsletter around the 1st of the month & around the 15th).

If you are not receiving this newsletter, please contact Shari. There are always extra copies of the newsletter in the mailbox bin at Sheridan and the newsletters are posted on the Splash website at www.rmsplash.org

ROUTINE SUITS

We are very busy designing routine suits at this time. They will be delivered as soon as they are finished.

Sometimes Katy or I may have ideas as to how we want them decorated, so please ask before you proceed.

Team moms are responsible for helping to design headpieces for the team suits (check design with Shari before making please) and making sure all team members have the proper supplies (or directions on how to get them).

Each small routine is responsible for designing & making their headpieces (again – design must be okayed by Shari).

Also, if you are not the sequining, glittering or rhinestoning type – Coach Katy is in the business! For just \$20/hour you can have your suit “beautified” and ready to wear. Just let her know so she can schedule you in!

GONE OVER THE HOLIDAY BREAK?

As usual – please let your coach know if you are going to be gone for any of the regular practices over the holiday.

Regular practices will be:

Saturday, 12/19 - Regular practice.

Monday, 12/21, 5:30-7:30 p.m., Silver Team; 9:00 am – 2:00 p.m. Teal & Gold Teams

Tuesday, 12/22, 9:00 am – 2:00 p.m. Teal & Gold Teams

Wednesday, 12/23 – Regular practice.

Thursday, 12/24 Christmas Eve – No Practice.

Saturday, 12/27 – Regular practice.

Monday, 12/28, 5:30-7:30 p.m., Silver Team; 9:00 am – 2:00 p.m. Teal & Gold Teams

Tuesday, 12/29, 9:00 am – 2:00 p.m. Teal & Gold Teams

Wednesday, 12/30 – Regular practice.

Thursday, 12/31 Christmas Eve – No Practice.

Saturday, 1/2 – Regular practice.

PRIVATE LESSONS

Beck Recreation Center has okayed our team to do private lessons during their open swim time (similar to what we did at Sheridan). Cost for open swim is \$4.00/person.

Beck is located at 800 Telluride Street, Aurora, CO 80011

Coaches' availability is as follows:

Melanie - Wed & Fri, 4-5 pm

Shari – Friday, 4-5 pm

Melanie, Shari & Katy – Saturday 12-1 and Sunday any time between 12-4:50.

Check with these coaches for exact availability as schedules can change week to week.