

Important Dates and upcoming meet deadlines

Dec 28 - Deadline to sign up for Sprints Invitational (Cols North)

Dec 31 - deadline to sign up for Middle School Champs.

Jan 02 - Penguin Plunge

Jan 09 - JB Chambers Invitational (12 and under)

Jan 10 - JB Chambers Senior Invitational

Jan 16 - 16th Annual Sprints Invitational

Jan 18 - Deadline to sign-up for home meet (Jan 30)

Jan 22-24 - Kelly German (USA Meet)

Jan 23 - Middle School Champs

Jan 30 - Home Meet (Vs' HURY)



Team Hotel Block information for the TYR Sport Winter Invitational has been posted to the website and expires 1/5/10

Buying gift cards from Krogers to do your last minute shopping, puts money back into your escrow account!

The JANUARY Dryland schedule for BRONZE, SILVER and GOLD has been posted to the website.

HIGH SCHOOL SWIMMING

Please take a minute to check out the "high school swimming" Link on the website to see how are sharks swimmers are doing with their high school teams! Also, if you have an article from your local paper regarding one of our sharks, please forward the link to cathy untied, or leave a hard copy in her mailbox if the newspaper does not have a website.

The 2009-2010 Sharks Service Project **December 29th**

"Operation Feed the Stable"

We will be assembling care packages for men and women serving overseas! Check the bulletin board, your mailboxes and the website for more details about this Operation, the people it serves and for more specific 'shopping lists.'

Drop off contributions and make cards throughout the day and
Join us at 2:45 to assemble the care packages!

Everyone is encouraged to attend!

We will have supplies available in the pool lobby for the swimmers to make cards to be included in the care packages. These cards can be made throughout the day (before or after practice or during the actual assembly of the boxes).

As a team that includes several Military families (one who may find himself using things from these very boxes, one who just returned from a year serving in Iraq and one who is there now), this project is a great way to support not just our troops, but our team mates as well!



Operation Feed the Stable

Operation Feed the Stable is an organization set up to provide care packages to the deployed Airmen in the 1 Expeditionary RED HORSE Group (1 ERHG). Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers (RED HORSE) provide combat engineering, major force bed-down, heavy damage repair, and heavy engineering operations in both Iraq and Afghanistan. These Airmen are currently working in over 10 sites spread through out the AOR and many of these sites have limited supplies. Operation Feed the Stable will help provide these great men and women essential items that will improve morale, healthcare and overall well-being.



WE WOULD LIKE TO THANK ALL OF YOU FOR YOUR SUPPORT! IT IS A GREAT HONOR FOR US TO SERVE IN THE AIR FORCE TO PROTECT AND DEFEND OUR GREAT COUNTRY!

CARE PACKAGE INFORMATION

FOOD ITEMS:

- ◆ Beef Jerky
- ◆ Kraft Easy Mac
- ◆ Candy (especially M & M's)
- ◆ Rice Krispie Treats
- ◆ Microwave Popcorn
- ◆ Granola Bars
- ◆ Power Bars
- ◆ Chex mix
- ◆ Lollipops
- ◆ Gum
- ◆ Breath Mints
- ◆ Instant Oat Meal

FEMALE ITEMS:

- ◆ Feminine Hygiene Products
- ◆ Hair bands/Clips (black/brown)

- ◆ Body Spray
- ◆ Hair Spray/Gel

OTHER:

- ◆ Magazines- (Men's/Women's Health, Men's Fitness, GQ, People)
- ◆ Green Boot Socks
- ◆ Tan T-Shirts
- ◆ AF issued PT shirts/shorts
- ◆ Batteries
- ◆ DVD's
- ◆ Books
- ◆ Puzzles
- ◆ Yo Yo's
- ◆ Hackie Socks
- ◆ Disposable Camera
- ◆ Jokes and Comics
- ◆ Bug Spray
- ◆ Pillows (Travel)

PRACTICAL ITEMS:

- ◆ Liquid Body Wash
- ◆ Wash Cloth/Loofah
- ◆ Toothbrush/paste
- ◆ Razors
- ◆ Shaving Cream
- ◆ After Shave lotion
- ◆ Air Fresheners
- ◆ Athlete's foot sprays/powders
- ◆ Deodorant
- ◆ Dental Floss
- ◆ Lotion
- ◆ Mouth Wash
- ◆ Clorox/Baby Wipes
- ◆ Q-Tips
- ◆ Liquid hand sanitizer
- ◆ Nail Clippers
- ◆ Small mirrors
- ◆ Chapstick

Mailing Instructions:

- *Place items that could leak or melt or which is scented in a leak proof zip-sealed bag.
- * Double tape all seams on box with strong packing or shipping tape
- *Please place a note with a name and address so we can send you a "Appreciation Certificate"
- *Please label all packages with the following address:

OPERATION FEED THE STABLE
ATTN: 1 ERHG SVS/NCOIC
1 ERHG
APO AE 09309

What NOT to send:

- *Pornographic material
 - *Weapons or weapon related material
 - *Alcohol or Drugs such as anabolic steroids, narcotics, hallucinogenic stimulants or depressants
 - *Drug Paraphernalia
 - *Pork Products
 - *Fruits and Vegetables
- (Please refer to the USPS website at www.usps.com and search for postal bulletin for a complete list of prohibited items)

CAN DO, WILL DO, HAVE DONE! TO THE HORSE!