

PACIFIC SWIM

a positive swimming experience for all levels...

P.S.



San Diego
Imperial
Swimming
Member

NEWSLETTER

August 17, 2009

www.psswim.com

All PS news and team information can also be found by visiting www.psswim.com and clicking on the newsletter hot button!

Our **Fall Schedule** has posted online, and we have also attached it to this Newsletter. Remember we are taking a break from August 22 until September 8.

Summer Swim Team and Novice Information

Summer Swim Team will continue for one more week at Rancho Arbolitos, Doubletree and 4S Ranch. The cost for this is \$35. No pools will have workout on Friday, August 21. We will have regular Saturday morning Novice at Arbolitos on August 22, and the team will then take a two week break. We will resume on September 8. Please see your coaches for additional information.

San Diego Imperial Junior Olympics Information.

The San Diego Junior Olympics were held this past weekend in Coronado, California. Pacific Swim swimmers did phenomenally well, and we placed second in all of San Diego, behind North Coast Aquatics. We were closer in points to them then ever before, in 20 years of Long Course competition. We are so proud of all the swimmers! Look for a full meet report later this week. Special congratulations to the 10 and under boys who broke two San Diego Imperial records in the 200m Freestyle and Medley Relays.

Roughwater Practices The La Jolla Roughwater Swim will be on Sunday, September 13. All meet entries are done online at www.ljrws.com. Coach Grace will run these workouts. Please meet on the grassy area above the cove. Please note that any swimmer participating in the Roughwater Workouts should be comfortable in the ocean, and a strong, competent swimmer!

Monday, August 17th 8:00 – 9:00am

Wednesday, August 19th 8:00-9:00am

*** Wednesday, September 9th 6:00-7:00pm**

*** Friday, September 11th 6:00-7:00pm**

*** Saturday, September 12th 8:00 – 9:00am**

** On these dates, the Green Group will not have a pool workout. Please attend the Roughwater Workout instead!*

Our team will be taking a break from August 24 – September 7. We will return to our workouts on Tuesday, September 8. This break is to give the swimmers a chance to settle into their school routines, and for the coaches to recharge and return refreshed after a busy summer. Dues should be paid in full for these months, as the coaches are compensated for their time off. The Fall Workout Schedule has been posted.

Pacific Swim's Annual Banquet

TICKETS NOW ON SALE– October 17 at Lake Poway

Our annual Banquet is coming up again! This is a fabulous, fun event, with TROPHIES for swimmers at all levels. Coaches also award Special Prizes to outstanding individuals. Tickets will be on sale from August 15th – September 25th. NO TICKETS will be available after this date, as we have to order trophies and food. We will have a Mexican Fiesta, with steak and chicken tacos, rice, beans and drinks and cake. We will have games, music, dancing, and fun activities for the whole family! Tickets are \$30.00 per person. Please pay by check, no credit cards will be accepted

Short Course Meet Schedule is attached... please take note

Schedule for week of August 17-21

Gold Group (Coach Dan) – no workouts

White Group (Coach Carolayn) – as usual

Red Group (Coach Robby) – as usual

Green Group (Coach Grace)

Monday – Roughwater Workout 8:00-9:00am

Wednesday: Roughwater Workout 8:00-9:00am

Blue Group (Coach Owen)

Monday: No practice

Tuesday: 4S Ranch pool 7:00-9:00am

Wednesday: Roughwater practice 8:00-9:00am with Grace

Thursday: Frog's Fitness 4:00-6:00pm PIZZA PARTY

** you do not need to bring anything to the pizza party.

Friday: No practice

Silver Group (Coach Alex)

Monday: Beach Workout 9:00-11:00am

Tuesday: Silverset Park Dryland 8:00-10:00am

Wednesday: Beach Workout and Party 3:00-6:30pm

Thursday: No workout

Friday: Arbolitos 3:30-5:00pm

No Competitive Groups will have practice Saturday August 22. Enjoy your break!

Pacific Swim
14343 Silverset St
Poway, CA 92064

Tel: 858-486-3670
Fax: 858-486-3003

www.psswim.com
www.pacificswim.com

COACHING STAFF

Di: dimolenaar@me.com
Owen: owenmolenaar@mac.com
Dan: dan@pacificswim.com
Alex: Alexandra.Heyns@gmail.com
Aren: aturpening@sparling.com
Eddie: elloamerica@hotmail.com
Carolayn: carolkorns@yahoo.com
Rob: house010@cougars.csusm.edu
Grace: gvanderbyl@att.net

Newsletter Editor:
Pacific Swim HR
Alex Hatch

Team Manager
Gary Scott
gary@pacificswim.com

Meet Entries Webmaster
Accounts Invoicing/Billing

