Weekly Splash – November 27th

**RBY Swim Team Mission Statement:** To provide a positive team environment that promotes respect, integrity, perseverance and accountability which enables optimal health and athletic development through swim training, instruction and competition.

**Senior and Senior 1 Swimmers: This Thursday, 11/30, Sr. 1 swimmers will have the early practice session, and Sr. swimmers will have the late session.** There will be no spin until after Christmas.

**Scheduled Upcoming Meets:** See website for additional details. Please commit your swimmers for the meets.

* Girls Red vs RY will be held on December 2nd at RY.
* Boys White vs SHY will be held on December 2nd at SHY.
* Girls Black vs SVY will be held on December 2nd at Camp Zehnder.
* Holiday Mini Meet will be held on December 3rd at Red Bank.
* Winter Classic will be held on December 8–10 at OCY.
* Boys Red vs LHY will be held on December 9th at LHY.
* Holiday Classic will be held on December 15-17 at Rutgers.
* Boys Black vs OCY will be held on December 16th at OCY.
* Boys White vs FSPY will be held on December 16th at RBY.
* Girls White vs GMY will be held on December 16th at RBY.
* 9/10 and 11/12 Tri Meet will be held on January 6th at OCY.
* Winter Splash Distance Invitational will be held on January 6-7 at Camp Zehnder.
* 8 and under Tri Meet will be held on January 6th at RBY.
* 2018 Wahoo Winter Invitational will be held on January 12-14 in CT.
* 10 and under Tri Meet will be held on January 13th at Camp Zehnder.
* Strong Kids Invitational will be held on January 28th at RBY.

**Volunteer Opportunities:** We are in need of volunteers for the upcoming Holiday Mini Meet.  At this point, families are allowed to sign up for more than one job.

**Sports Nutrition Article: Click on the attached to read.** <https://www.usaswimming.org/news-landing-page/2017/11/21/8-ground-rules-to-know-about-sports-nutrition>

**Lost and Found:** The lost and found at Red Bank is overflowing. Have your swimmers check the bins and closet for their lost items.

**Donations Needed:** In order to further honor Lt. Dennis Zilinski’s sacrifice, we are asking families to bring something from the attached list to be sent overseas for Christmas both for our troops and soldier dogs. Please bring your donations on the day of the Holiday Mini Meet, 12/3/17. Thank you so much for your help and support! Any questions please feel free to contact us - Ryan Burke at kbdbburke@comcast.net or Kevin Truscio at jtruscio@cymca.org.

**RBY Apparel/Accessories:** Holiday Mini Meet t-shirts, as well as RBY bracelets, keychains and magnets will be on sale at the Holiday Mini Meet on 12/3.

**8 and Under Holiday Party**: The annual 8 and Under Holiday Party will be held at the Red Bank YMCA on December 15th from 5:30-7:30pm at Red Bank YMCA. There will be pizza/dessert and games. Blue level swimmers will be dismissed from practice early in order to attend. We will be doing a secret Santa - boys will exchange with boys and girls with girls - $5.00 per gift. Please commit your swimmers so we have a head count for food. For Blue Group out of Camp Zehnder, you will practice at RBY that night.

**Coaches Gifts:** As the holiday season quickly approaches, we will be collecting for a gift for our coaching staff**. Please place your donation in an envelope labeled “Attn: Paula La Chance-Coaches Gift”, along with your family name.** Red Bank swimmers can place their donation in the metal box on the wall outside Jack's office. Wall swimmers can place their donations in the box labelled "swim team" outside the YMCA door at Camp Zehnder. Deadline for donations is 12/19.  Any questions regarding this holiday gift for the coaches can be directed to Michele Foreback.

**Habitat for Humanity** - Coach Georgann Tice (RBY Blue Group Volunteer Coach) is excited to announce that she will be traveling to Guatemala in February with Habitat for Humanity where she will be part of a team replacing outdated cooking methods with vented stoves: <https://vimeo.com/23209672> “Currently many people cook indoors on an open flame. As you can imagine, breathing in the toxic fumes while preparing food puts Mayan women and children at risk for respiratory illnesses, blindness and burns on a daily basis. The Guatemala Smokeless Stove Project has a goal to help families change over to a healthier vented stove. Please consider supporting my trip by clicking on the following link: [https://share.habitat.org/georgann-tice-gv18522#](https://share.habitat.org/georgann-tice-gv18522)

When I return I will share photos and stories of the lives your donations helped to change. Thank you again in advance, Coach Georgann Tice.”

**In case you missed it:**

**Tech Suit Update** - As per New Jersey Swimming, "Tech suits" are not permitted at any meet for 12 and under swimmers.  "Tech Suits' are defined as a suit that has Bonded Seams, Kinetic Tape or Meshed Seams. **Red Bank YMCA 12 and under swimmers are allowed to wear ONLY the following non-restricted "tech suits" in black from Speedo:** SPEEDO: AQUABLADE (male & female), POWER PLUS (female), FASTSKIN 2/FSII (male & female). his rule is effective immediately and will be enforced at both OCY Winter Classic and Holiday Classic.

A block of rooms was reserved at the Courtyard Glassboro Rowan University Marriott hotel for at the 2018 YMCA Silvers Championship weekend. It is never too early to reserve your rooms.  Rooms at this location fill up quickly.  If you are interested in staying at this hotel, click on the link to the right. The rate is $139 per room per night plus tax. [Book your group rate for Red Bank YMCA Swim Team](http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=Red%20Bank%20YMCA%20Swim%20Team%20%5EPHLGB%60RBSRBSA%60139%60USD%60false%604%602/16/18%602/18/18%601/26/18&app=resvlink&stop_mobi=yes)

**Swim Team Photos:** If you have swim team photos you would like to share, please email them to the following address: rbyswimteamphotos@gmail.com.

**Officials:** If anyone is interested in becoming a swim official, please send an email to Bob Piasecki at r.piasecki30@comcast.net.

**TEAM UNIFY - VOLUNTEER POINTS**

**HOW TO CHECK YOUR POINTS**

* Sign into the team's website
* Head to the My Account > My Invoices/Payments section
* Click on the Service Hours Tab
* You'll see your hourly/points obligation and balance on the far right side of that screen. You may need to scroll over to see this, which can be done with the arrow keys on the keyboard