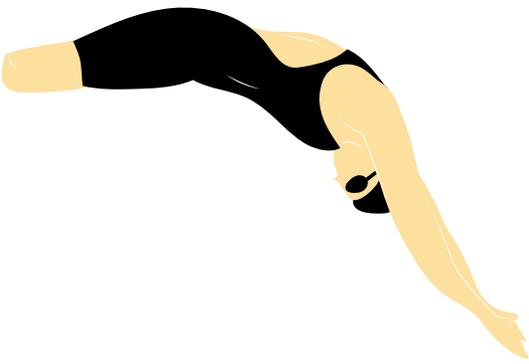


July Fresh off the Blocks Newsletter



Minnie's Food Pantry

Thanks to everyone who donated to our food drive last week! Minnie's Food Pantry is in the Rowlinson area and serves families throughout Collin County and is feeding the PISD families this summer. Together, we donated 199 pounds of food to Minnie's Food Pantry! That equals 169 meals! We also had several COPS volunteers who helped deliver these meals to PISD families. Thank you!

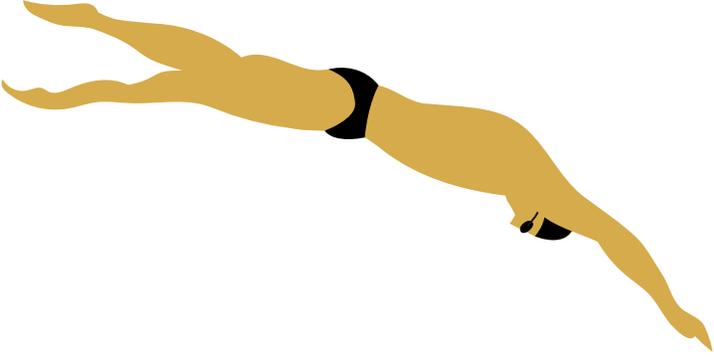


COPS RUN2SWIM Virtual Race

Yesterday you heard about COPS' upcoming event, RUN2SWIM!! Running is a core training element to our swimmers during their dryland workouts. We have seen this more than ever this spring.

In an effort to continue to support our swimmers, we are stepping out of our comfort zone in the pool and water and we are hitting the pavement to embrace running with our community.

Our goal for RUN2SWIM is twofold; funding our George Patterson scholarship fund to support swimmers who are having difficulty financially being able to competitively swim and funding our build a pool campaign for our permanent home in the near future.



Coaches will be talking to the swimmers about the chance to win a celebration party for the group having the largest percentage of participation in the race. You have opportunities for a 5k fun run, timed 5k and 10k at very reasonable fees.

This is a friends and family event, so invite your friends, near and far, to join in on the fun. After you run, submit your time to racechiptiming@gmail.com and see how you fare against other participants on our live leaderboards.

Join the race today! [REGISTER HERE](#)

We have a special FRIENDS AND FAMILY sponsorship that we are encouraging our Alumni and Team Families to sign up for. For \$50, you get one race registration and recognition on social media. Click [HERE](#) to become a Friend of COPS Sponsor.

Our sponsorships are helping us off-site our expenses for the race. If you are a business owner and would like to be a sponsor, costs are as low at \$100, \$250 and \$500. Click [HERE](#) for the Run2Swim Sponsorship opportunities.



Just Let Me Race: Round 2

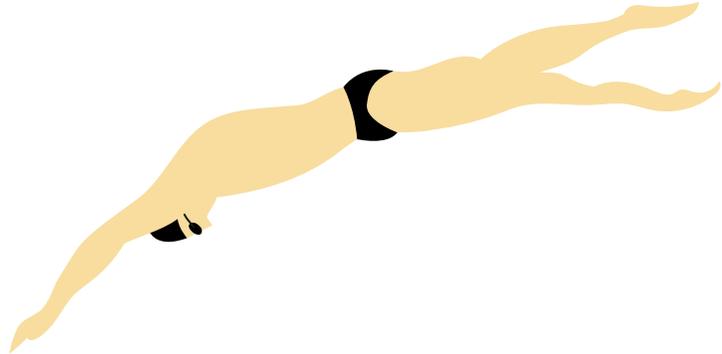
We had such great feedback after our first Just Let Me Race Intrasquad meets that we will be hosting another wave of races! Your swimmers will have a new opportunity to race their teammates in different events. The dates and times for each group are listed below. Registration will be up on our homepage on Friday, July 3 under the "Team Functions" tab.

Saturday, July 11th:

3:30-5:00 PM - National & National
Prep 15 & Over

5:00-6:30 PM - National Prep 13-14

6:30-8:00 PM - TAGS



Saturday, July 18:

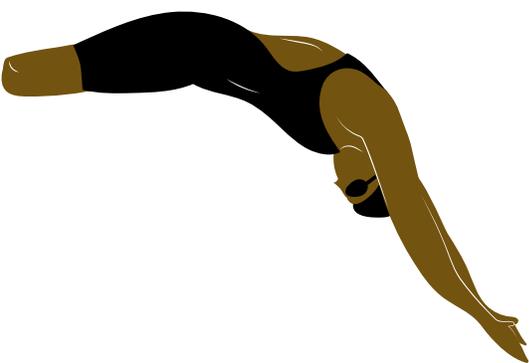
- 3:30-5:00 PM - Senior 1&2
- 5:00-6:30 PM - TAGS Prep
- 6:30-8:00 PM - 10 & Under TAGS
and Gold

Saturday, July 4th

As a reminder, there will be NO practices or ZOOM meetings on Saturday, July 4 in observation of Independence Day.

Masks Required

Please remember, swimmers are required to wear a mask TO AND FROM the pool this summer. Swimmers who do not have masks will not be allowed in the building. Please remind your swimmers to keep their masks on unless they are getting ready to get in the water. Thank you.



Swim-A-Thon Prizes

Swim-A-Thon prizes will be handed out at practice next week from Wednesday-Friday. If you will not be at practice to receive your prize, please email office@planoswimming.org to schedule a time to pick it up.