High Point Pirates Swim and Dive Team

Swim/Dive Newsletter July 17

Ahoy Mateys!

SWIM AND DIVE TEAM

Coach Appreciation Week is THIS WEEK!!
We have a few things planned to show our awesome coaches what they mean to us, including meals delivered to the pool by parents (thanks to those who've signed up to help!) and thank you notes from the kids. If your swimmers or divers haven't made thank-you notes for their coaches yet, make sure they do so by Wednesday at 9 pm. The notes are meant to be quick, easy, and fun for the kids to do — not much work. Have them write a few words and/or draw a picture and sign their name, and the coaches will feel the love :) Let's make sure to thank ALL of our coaches: for swim: Jacki, Robin, Gabby, Dean, Rory, Will, and Nathan; for dive: Cyndie, Daine, Karen, and Eleanor.

The notes will be available in the snack shack area through Wednesday. If it's not convenient for your family to write them at the pool, download the templates (attached HERE) and work on them at home! Return them to the envelope in the snack shack or the Benton family folder. Any questions? Contact Andrea at andrea,benton@fastmail.fm

All City Food Drive
We need everyone's help with the All-City Food Drive! We also need to fill the barrel up with food at the pool. Please go to this link to donate and share with family and friends, they can donate online https://2017-all-city-swim-meet.everydayhero.com/us/high-point-pool.

Coin Wars/Pie in the Face for Second Harvest
We are having a coin war for the Second Harvest food drive! Kids are encouraged to bring in coins this

week Tuesday through Thursday. Each coach will have a jar to collect money. Kids will put money in the jar of the coach they want to see get a pie in the face. We will count the money on Thursday. Then on Friday, at the start of 9-10s practice, the coach with the most money in his/her jar will receive the prize - a pie in the face!

Friday Treat
This week's Friday treat after morning practices is pancakes! Please remember this is a snack, not an all-you-can-eat breakfast. Make sure your child eats some breakfast if he/she normally does so before practice.

SWIM

Reminder: No EVENING swim practice Friday, July 21 due to the home dive meet.

HOME Swim Meet vs. Goodman on July 22!
Hard to believe but our last swim meet of the season before All City is this Saturday!
Sign up deadline is NOON on Thursday, July 20.
Meet Starts at 8:00 AM.
Warm Ups start at ...
- 7:00 AM to 7:25 AM for ages 10 and Under
- 7:25 AM to 7:50 AM for ages 11 and Up

All First Mates are encouraged to sign up for this meet! Coaches will be available to swim with children if they need help. To sign up, go to the Team Unify website and look for the First Mates Meet Sign-up event. Click on the Edit Commitment button. Click on your First Mate's name and select Yes in the Declaration field. After you select Yes, scroll down on the page and check the box for the 8 & Under 25 Free Event (this is the only event option). Save Changes and your First Mate is signed-up! If your First Mate doesn't want to swim at this event, no problem, they can skip it.

ATTENTION All City Swimmers!
All City Swim Meet at Maple Bluff Thur. July 27 - Sat. July 29
We need everyone who plans to swim at All City to sign up ASAP! Even if you aren't sure which events to sign up, PLEASE set your child's declaration to YES so we know your child is going to All City

Sign up deadline is Thursday, July 20 BY MIDNIGHT (the sign up will automatically shut down at midnight)
Practice at Maple Bluff Pool: Sunday July 23rd at 6:00 pm.
Warm ups will be at High Point Pool before the All City begins on Thursday, Friday and Saturday (schedule TBD).

DIVE

Tuesday, July 18: West Side Syncro Dive Meet
Deadline to sign up is Monday July 17. Signup and payment envelop posted on Dive Team Bulletin Board or email Cyndie at czocher@mcpasd.k12.wi.us.
Dive in teams of two. Pairs can be of different ages and of different skill levels. There are no required dives. Even made up dives count. Just have fun!
Cost is $5 per diver/$10 per pair

Don't have a buddy? No worries, we'll find you one.
Warm ups at 4 pm, meet starts at 5 pm.

Note: Team practice will still be held on Tuesday evening at High Point

Friday, July 21: HOME dive meet vs. West Side
Warm Ups at 3 pm. Meet at 5 pm.

All City Dive Meet!
Sunday, July 23: Warm ups @ Monona, 1013 Nichols Road, Monona, WI. High Point Dive Team only warm ups 10:00 am to 10:55 am.
All City Dive Team party immediately following @ the Zochers, 7431 Blazingstars Dr., Middleton. Lunch will be served. Families are asked to bring fruit, salad and/or drinks to share.

Monday, July 24: All City Dive Meet @ Monona, 1013 Nichols Road, Monona, WI.
6:30 am Pool Opens for warm ups*
8:00 am 13-14 Girls
11:00 am 13-14 Boys
2:00 pm 11-12 Girls
5:00 pm 11-12 Boys

Tuesday, July 25: All City Dive Meet @ Monona, 1013 Nichols Road, Monona, WI.
6:30 am Pool Opens for warm ups*
8:00 am 10 and Under Girls
11:00 am 10 and Under Boys
2:00 pm 15-18 Girls
5:00 pm 15-18 Boys

Upcoming Events and Deadlines
Tue. July 18: West Synchro Dive Meet
Thr. July 20 @ 12 pm: Deadline to sign up for Goodman Swim Meet (July 22)
Thr. July 20: Deadline to sign up for All City Swim Meet (July 27-29)
Fri. July 21: Home Dive Meet vs. West Side, 5:00 pm
Sat. July 22: Home Swim Meet vs. Goodman, 8:00 am
Sun. July 23: Dive team warm ups @ Monona, 10:00 am
Sun. July 23: Swim team practice at Maple Bluff Pool, 6:00 pm

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Questions? Here's who to contact
For questions related to practices or meets, please contact the coaches.
Swim: swimcoach@highpointswimclub.com
Dive: divecoach@highpointswimclub.com

For questions related to team events, volunteering, general questions, please contact the swim and dive team coordinators.
Swim Team Coordinator: swimteamcoordinator@highpointswimclub.com
Dive Team Coordinator: diveteamcoordinator@highpointswimclub.com

Go Pirates!

Visit Us Online at: http://www.teamunify.com/rechpsd/

High Point Pirates Swim and Dive Team

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