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| **Diamond Farm Stingrays** |

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| **WEEKLY UPDATE - June 29, 2014** |

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| **DF STINGRAYS WEEKLY UPDATE - JUNE 29**    **PRACTICES**  ALL practices are scheduled at DF -- NO QOP practices    **UPCOMING MEETS**    **A Meet - our last home meet of the season!**  Forest Knolls at DF - Saturday, July 5  **Set Up Crew Arrive**: 7:30AM  **Swimmers Arrive**: 7:45 AM  **Warm Ups**: 8:00AM  **Meet Theme**: USA!!!  **Post Meet Restaurant**: Ledo Pizza in Travillah, 10058 Darnstown Road, Rockville, MD #: 301-424-2700 -- 20% of the proceeds will be given back to the team.  **Note**:  **Please commit or decline (RSVP) on the website by Wednesday 12Noon** so coaches can create the line-up.  ***Remember*** to sign up for a Volunteer Position.    **Mini Meet- Sarah Auer - Sunday, July 13**  **Deadline**for sign-ups - Sunday, July 13 is **July 3.**  **Submit registration forms to Susie Chung (susie060@gmail.com)**    **Swim A Thon Update**  Thank you for all of the support!  Here is a brief run-down of the event.  Total Swim A Thoners: 43  Total Lengths Swum as a team: 4,368  Total Meters Swum as a team: 109,200  Check out the results on the Stingray bulletin board at the pool.  ***REMEMBER***...submit pledges to Carole Valis by **JULY 2**    **Coaches Corner**  **Swimmers of the Week**:  Andrew Shigetomi and Kern Lee --- Congratulations!     - Expect a long week of starts , turns and finishes.     - Please have swimmers arrive 5 minutes before each practice to ensure a prompt start time -- caps & goggles on and ready to swim.    **DF Pool**  Remember to collect your passes upon departure.    **HAPPY 4TH OF JULY!** |